

Weight Limits

Text: Jeremiah 9: 1-3 Oh that my head were waters, and mine eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people! ² Oh that I had in the wilderness a lodging place of wayfaring men; that I might leave my people, and go from them! for they be all adulterers, an assembly of treacherous men. ³ And they bend their tongues like their bow for lies: but they are not valiant for the truth upon the earth; for they proceed from evil to evil, and they know not me, saith the LORD.

Luke 19:41-44 And when he was come near, he beheld the city, and wept over it, ⁴² Saying, If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes. ⁴³ For the days shall come upon thee, that thine enemies shall cast a trench about thee, and compass thee round, and keep thee in on every side, ⁴⁴ And shall lay thee even with the ground, and thy children within thee; and they shall not leave in thee one stone upon another; because thou knewest not the time of thy visitation.

Introduction: God Designed Clouds to Carry Tremendous Weight

Weight of a Fluffy White Cloud – (ref: Weather Works- <https://weatherworksinc.com/news/how-much-does-a-cloud-weigh>) Researchers calculate that the average cumulus cloud is 1 cubic kilometer, or 1 billion cubic meters, in volume. Multiplying the volume by the density, we discover that our cumulus cloud contains 500,000 kilograms, or 1.1 million pounds, of water droplets. That's the equivalent weight of five adult blue whales (the largest animal on the planet)!

Weight of a Rain Cloud – (ref: What Things Weigh- <https://whatthingsweigh.com/how-much-do-clouds-weigh/>) Thunderheads, or storm clouds which most of us know them as, are up to 10 times denser and many times larger than cumulus clouds. The average thunderstorm cloud will weigh around 563,200,000 pounds or 281,600 tons.

Weight of 1 inch of rain over 1 square mile -- (Wonderopolis- <https://wonderopolis.org/wonder/how-much-rain-can-a-cloud-hold>) Scientists say that one inch of [rain](#) over one square mile is like 17.4 million gallons of water. That's a lot of water, and it would weigh as much as 143 million pounds or 71,500 tons!

Personal Calculation – If the *weight of 1 inch of rain over 1 square mile* = 71,500 tons (see above) and the average weight of an African Elephant = 7 tons.

71,500 tons / 7 tons (elephant weight) = 10,214 elephants falling over one square mile of rainfall, one inch deep! THERE IS AN INCREDIBLE AMOUNT OF WEIGHT WITHIN A THUNDERCLOUD!

I. Heart Burdens or Heart Weight-- God's Design for Christians—

Just as clouds are designed by God to carry water droplets, Christians are designed by God to carry **weights** and **burdens** in this life!

- ❖ Jeremiah's Burden for Backslidden Israel: see TEXT
- ❖ Jesus' Burden for Jerusalem: see TEXT
- ❖ Jesus's Burden in the Garden of Gethsemane
- ❖ Rachel Weeping for her children: **Jeremiah 31:15** Thus saith the LORD; A voice was heard in Ramah, lamentation, and bitter weeping; Rachel weeping for her children refused to be comforted for her children, because they were not.
- ❖ Samuel mourning for Saul- **I Samuel 16:1** And the LORD said unto Samuel, How long wilt thou mourn for Saul, seeing I have rejected him from reigning over Israel?
- ❖ Priest Weeping between the Porch and the Altar: **Joel 2:17** Let the priests, the ministers of the LORD, weep between the porch and the altar, and let them say, Spare thy people, O LORD, and give not thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?

II. Beware of Clouds without WEIGHTS or Non-Burden Bearing Members--Weightless (Hearts)

Jude 11-13, 19 Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core. ¹² These are spots in your feasts of charity, when

they feast with you, feeding themselves without fear: **clouds they are without water, carried about of winds; trees whose fruit withereth, without fruit, twice dead, plucked up by the roots;** ¹³ *Raging waves of the sea, foaming out their own shame; wandering stars, to whom is reserved the blackness of darkness for ever.* ¹⁹ These be they who separate themselves, sensual, having not the Spirit.

II Peter 2:17-19 These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever. ¹⁸ For when they speak great swelling words of vanity, they allure through the lusts of the flesh, through much wantonness, those that were clean escaped from them who live in error. ¹⁹ **While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage.**

Notice: Some characteristics of these Church Members:

- Twice Dead (Ungodly) – gone the way of Cain- ran greedily after the error of Balaam- trees whose fruit withereth, without fruit, twice dead, plucked up by the roots-- Which have forsaken the right way, and are gone astray
- **Clouds they are without water, carried about of winds; These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever.** (carried about by EVIL WINDS) NO BURDEN—NO SPIRITUAL WEIGHTS—NO LOVE FOR THOSE WHO ARE LOST AROUND THEM!
- Sporting themselves (FEEDING) upon those who are alive in GOD—MAKE IT A GAME TO DESTROY SOULS
- Cursed Children: Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have exercised with covetous practices; **cursed children**
- **While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage.**

III. Many Different Types of Burdens or Weights

- ❖ Self-inflicted Weights—over charges to our finances—more house than we need—lack of proper training for a good job—not taking care of our bodies—taking on more workload than we need—
- ❖ Uncontrollable Weights--Loss Due to Death—sudden illnesses—
- ❖ Weights of a Church, Ministry, or Christian Task
- ❖ Weights of Dry Spiritual Seasons within the Church
- ❖ Weights of a Fallen Nation
- ❖ Weights or Fears about the Future
- ❖ Weights of a Lost Child or Lost Family Member
- ❖ Weight of the Death of a loved one

IV. Results of Heart Stress Overloads

- Health Issues
- Marriage Breakups
- Financial Issues-homes-businesses lost due to over spending or over extending
- Spiritual Burnout or Spiritual Stagnation
- Depression
- Mental Breakdown
- Suicide

V. How do we handle our Heavy Heart Weights?

1. *Learn how to cast off unnecessary weights—HOW???*

- a) **KNOW WHEN THE BURDEN IS NOT MEANT FOR YOU TO CARRY AND LET IT GO!**
Example: The National Debt-Decisions in Washington-The Future-Other People's Problems-even GOD'S WORK sometimes must be turned over to GOD!
- b) work your way out of financial stresses—learn to be responsible with your finances
- c) take better care of your body

- d) prepare yourself better (train) for better job security
e) DO YOUR DUTY and VOTE and then let Washington do as it will or as GOD ALLOWS!
2. *Faith in God*--God is our Source of Strength—Take my Yoke upon you—He is our Great Load Bearer
Psalms 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.
I Peter 5:7 Casting all your care upon him; for he careth for you.
Matthew 11:28-30 Come unto me, all ye that labour and are heavy laden, and I will give you rest.
²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.
3. *Prayer*--Take it to God—Burdens are Lifted at Calvary-Jesus is very near
AS THE RAIN FALLS AND LIGHTENS A HEAVY THUNDERCLOUD, POUR YOUR HEART OUT TO GOD AND LET HIM LIGHTEN YOUR HEAVY LOAD!!!
4. *Remember God's Word*—**Christians are designed for this by God**
Job 14:1 Man that is born of a woman is of few days and full of trouble.

Galatians 6:2-5 Bear ye one another's burdens, and so fulfil the law of Christ. ³ For if a man think himself to be something, when he is nothing, he deceiveth himself. ⁴ But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another. ⁵ For every man shall bear his own burden.

Closing: I want to remind you of the comforting words in the old hymn, “BURDENS ARE LIFTED AT CALVARY”

And why they are lifted at Calvary? because-----**JESUS IN VERY NEAR!**

Burdens Are Lifted At Calvary

Song by Bill & Gloria Gaither and Ladye Love Smith

Days are filled with sorrow and care
Hearts are lonely and drear
Burdens are lifted at Calvary
Jesus is very near

Chorus:

Burdens are lifted at Calvary
Calvary, Calvary
Burdens are lifted at Calvary
Jesus is very near

Troubled soul, the Savior can see
Every heartache and tear
Burdens are lifted at Calvary
Jesus is very near

Repeat Chorus:

Burdens are lifted at Calvary
Calvary, Calvary
Burdens are lifted at Calvary
Jesus is very near