



# The Notes

## Unpacking

### Part 1: "How Much Does Your Life Weigh?"

September 24, 2023

Pastor Chris Jung

*"What a wonderful God we have—he is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us."*

**2 Corinthians 1:3-4** (TLB)

*"Carry one another's burdens and in this way you will fulfill the requirements of the law of Christ [that is, the law of Christian love]."*

**Galatians 6:2** (AMP)

**IF I WANT TO EXPERIENCE AN  
UNBURDENED LIFE, I HAVE TO BE  
HONEST ABOUT...**

#### 1. ...ALL OF THE THINGS I AM ACTUALLY

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*"I have told you all this so that you may have peace in me. Here on earth you will have many*

*trials and sorrows. But take heart, because I have overcome the world.”*

**John 16:33** (NLT)

*“Don’t worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him.”*

**Philippians 4:6** (NIRV)

2. ...THE \_\_\_\_\_ I \_\_\_\_\_ TO  
CARRY THE THINGS THAT I DO.

*“Pile your troubles on God’s shoulders—he’ll carry your load, he’ll help you out. He’ll never let good people topple into ruin.”*

**Psalm 55:22** (MSG)

3. ...HOW \_\_\_\_\_ MY BAGGAGE HAS  
REALLY \_\_\_\_\_.

*“The Lord is close to those whose hearts have been broken. He saves those whose spirits have been crushed.”*

**Psalm 34:18** (NIRV)