

# My Heavy Burden

Three things that make up the problem “Me”...

## THE SINNING SYNDROM

The disease of sin passed down to me through the generations since the first Man’s rebellion against God.

## MY OWN SINS

All the wrong and sinful things I’ve done myself.

## WHAT OTHERS HAVE DONE TO ME

The effects of the abuse, rejection and broken promises I’ve experienced from others.



**JESUS TOOK ALL OF THIS ON HIMSELF WHEN HE DIED ON THE CROSS FOR US**

*“For we know that our old self was crucified with him so...that we should no longer be slaves to sin”* Romans 6:6 (The Bible).



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