

Politicians, campaigners, priesthoods, all the rest of it. Good for a listening ear, are supporting your cause. But again, that's no good when you're bereaved, in debt, ill, losing your job, under mass pressure.

Burdened, guilty, sin-riddled. So again, might as well scrap it and get rid of it. At times in life, we all feel fed up, tired, and done.

[6 : 46] So much pressure. So many tasks. Constant worry. Dragging guilt. Tempting sins. Burden after burden. Life gets so difficult.

I mean, like, can you remember feeling like this? We all do at times. And the truth is, no amount of politicians or movie actors or sports stars can restore us from feeling like that.

And history is filled of people in such scenarios. And it doesn't matter who you are, what life you've lived or haven't lived. I mean, like, a couple of real-life examples are Zacchaeus, of course.

Zacchaeus had everything. The big house. The top job. Friends in high places. However, he constantly looked like this. The pressures of life had got to Zacchaeus.

And in spite of his mass wealth, he ended up very depressed, very lonely, very hurt, and very ashamed. And... They're okay. They're okay, Anne.

[7 : 59] Anne. They're right. We're going to use them in a minute to do some bag lifting. We're all right. You want to lift some bags for me in a minute? Very heavy bags. He needed a hero. He needed a realistic hero.

He needed a saviour. On the opposite end of it, Mary Magdalene. And Mel C from Spice Girls. The opposite real-life example.

She had nothing. Zacchaeus had everything. She had nothing. She was poor. She was helpless. She was isolated. And just like Zacchaeus, also fed up, tired, guilt-ridden, and carrying a heavy load.

She also needed a hero. A realistic hero. A saviour. So to say it again, at times in life, all of us get bogged down like this.

Life always has and always will do this to us. And so finally, we must ask, is there any hope?

[9 : 06] If all of those hero-type people that we've talked about in the entertainment or in the sports or in the politics can't do enough, than just who or what possibly can?

Let's take a moment. And just how exactly could we get through all of this? What is the one true, only realistic and genuine way to deal with these struggles and pressures of life?

I think, I think it would be having a unique, specialised friend who you can trust for 100%, no matter how embarrassing.

Completely offload upon. Who will never worry themselves out listening to you. Who will not mock you or put you down. Who will take all your burdens from you. Take your shame, your guilt, your sin from you.

Who will stand with you in every walk and peace and part of everyday life. Who will carry you through the most difficult of times. Who will never leave you, never let you down.

[10 : 11] Who will never hold a grudge, no matter what. Who will always, always, always forgive you. 2, 3, 4, 5, 6, 7, 8, 9, 10 times and beyond. Unlimited, no matter what. That, that would be a real and genuine hero.

That would really work, wouldn't it? That would really work. If somebody took us through all those problems in its entirety, that would work.

In a way that a sports player or a music artist or a politician or a priest or anyone else could never do. Couldn't even begin to do something about the size of that list and beyond.

And the reason they can't is because they're all human. This sort of help isn't human. This sort of help isn't human.

So there is very, very, very, very good news. Such help, such hero work really does exist.

[11 : 16] And as expected, it's only from above. And it's only Jesus Christ. Mary and Zacchaeus finally met Jesus.

And Jesus completely transformed their entire lives. Jesus took their burdens. Forgave everything. Took all their guilt. All their heavy loads. All their depressions.

And walked with them through life. Jesus was realistically, genuinely, and truthfully the only hero who could help them.

That was 2,000 years ago. Since then, millions more have encountered Jesus through Bible and prayer. And have found the exact same offer.

They have found a realistic help and rest in this life. Still today in 2025. Just look at a quote from Jesus during his life.

[12:17] It comes up after he has been on constant tour. Preaching to thousands. Miracles in the millions. Countless of conversations. And the people just keep coming.

And they're desperate for help the way we've been describing here. And he sees them all. He sees them religiously burdened. He sees them depressed and overworked.

He sees them sin riddled. Addicted. Overburdened rich executives in their jobs. Hard working families. Tired parents. All and beyond. He sees everyone.

He sees the whole world. Tired. Overloaded. And done. And his heart breaks for who he sees. And it breaks. And it breaks.

And his heart goes out to the people. To everyone. The people he created. And he can't help but do something. He can't help but help. And so he simply shouts out.

[13:11] Every one of you. All of you. Come to me. All of you who are weary and burdened. And I will give you rest from that life. Two thousand years have not changed anything.

This offer still stands from the heavens above today. Each and every single person on this planet is invited by Jesus to come and have this rest.

And when we respond. We get that exact same realistic and genuine help. That's the case in Mary God. We get all of this.

All of his love. His joy. His peace. His forgiveness. His grace. Life to the full. And a home in heaven beyond this life. Because the truth is.

The wonderful, wonderful, wonderful truth is. Only Jesus can truly fulfill that list. Only Jesus could fulfill that list and beyond it.

[14:16] Everyone has to face this world's nasty old ways. And it takes a real genuine hero to get us through it. And that is Jesus.

And the reason he can do it. Is because unlike all those other things we looked at. He is God. Or as the Sunday school team put it. In their Bible verse.

The Lord rescues his people. He sees you in turmoil. In the turmoil of this life. And he is holding at his hand.

Ready to rescue you. So just take it. And when you do. This might be. A little bit more. About what your life. Will look like.

Why don't some of the boys and girls come back up here. Where's those two little ones that run about on. Do you want to grab them? Let me see. This is really actually quite heavy.

[15:11] Where's a couple of my helpers. Come on up a little guy. Come on. You coming up to help me too? Right. This might be.

A little bit more. What your life might look like. When you get Jesus involved. What's your name again? Maxwell. Maxwell. Well done. Maxwell. Do you think you can lift that bag?

Do you think you can lift that bag? Do you want to have a try? Nope. Oh well. Let's pretend that didn't happen. Who else is going to have a try? Go on.

Go on. Go on. Everyone have a try. Nope. Not budging. Not budging. You can probably lift this one. Go on.

Go on. Yeah. Go for it. Hercules. You can try it out. Alright. Okay. It's always one, isn't there? So there it is. Thank you. Hercules. Right on the name.

[16:08] But look. Okay. See. No chance. Oh. Definitely. Well done. Right. See you too. You going to have a try? Go on.

Try together. That's it. That's it. That's it. That's it. Still not. Right. Okay. Oh. Teamwork. Now here's one thing that might happen, right? Okay. Bethany. If you three go in here, at least you as well.

I'll just take a hold there. Alright. Go on. Take a hold. And then. Life is so heavy. So burdensome. There's all these problems and pains and problems that we have to deal with all the time.

We try like this, yeah? And we get nowhere. Shall we don't, buddy? Nowhere. Nowhere. Give our lives to Jesus. And all of a sudden, we're able to start walking through life together.

And at times, Jesus takes the whole thing and he presses on. So he does well. He walks through life. At other times, he takes half of that burden. At other times, he takes, I suppose, anywhere between zero and 100% of the burden, depending upon what he needs to do.

[17:11] Because the truth is, as a good father, it would be no good of Jesus just to take everything 100% all of the time. Otherwise, you would learn nothing. So as a good father, he has to

let you take anything between zero and 99%.

You may learn more and more and more. But the rest of the time, he's walking with you. Come on, Bethany. Let's go again. Come on, Elise. Carrying that burden with you through life to giving you rest and help.

Thank you, guys. Well done. Well done. Let's finish our video, shall we? Here we go. Thank you.

Thank you. Thank you.

Thank you. Thank you. Thank you.

[18 : 23] Thank you. Thank you.

Thank you.

Thank you.

Lord Jesus, thank you that you have not left us here on our own. You see from the heavens above, life's struggles, life's burdens.

You came and actually lived through life's burdens, life's struggles. And so from the heavens above, you reach out and say, let me help. Let me make that easier. Let me do it with you. Thank you for that.

[20 : 25] I pray, Lord, that if anyone here is yet to reach out and take that invite, that relationship that you offer, that they would do so this day. Amen. And if it would be upon your heart to reach out and grab that relationship that Jesus genuinely offers, do come and chat.

I'd love to talk more with you afterwards if you find yourself there. We're going to turn to some sung worship. And then we've got two fantastic songs that we're going to close off with. What are you turned into wine?

And Jesus strong and kind. So it fit very nicely with this. Over to you, Ian. Thank you. What are you turned into wine?

Open the eyes of the blind. There's no one like you. Not like you.

Into the darkness you shine. Out of the ashes we rise. There's no one like you. Not like you.

[21 : 50] Our God is greater. Our God is stronger. God, you are higher than any other. Our God is healer. Awesome in power.

Our God. Our God. Into the darkness you shine.

Out of the ashes we rise. There's no one like you. There's no one like you. There's no one like you. There's no one like you. None like you.

Our God is greater. Our God is stronger. God, you are higher than any other. Our God is healer. Awesome in power. Our God, our God, our God. And if our God is for us Then who could never stop us And if our God is with us Then what could stand against What could stand against What could stand against Jesus said that if I thirst I should come to Him No one else can satisfy

[23 : 45] I should come to Him Jesus said if I am weak I should come to Him No one else can be my strength I should come to Him For the Lord is good and faithful He will keep us day and night We can always run to Jesus Jesus, strong and kind Jesus said that if I fear I should come to Him No one else can be my shield

I should come to Him For the Lord is good and faithful He will keep us day and night We can always run to Jesus Jesus, strong and kind Jesus said if I am lost He will come to me And He showed me on that cross He will come to me For the Lord is good and faithful He will keep us day and night We can always run to Jesus

Jesus, strong and kind Jesus, strong and kind Jesus, strong and kind Lord Jesus, we thank you For your very special Very kind invite Come to me all you who are tired Weary, fed up I'll give you rest Thank you Jesus

That many here can testify To how you have done this In our lives We are living proof That you're good to your word So I simply pray That if anyone here is yet To accept this invite That they would do so today Jesus, bless us As we go into a new week Help us live in your rest Benefit from your rest And tell others about your rest So send us forth To preach the word As your salt and light In Jesus' name Amen Amen Thank you all God bless Thank you all Thank you.

Thank you.

[28 : 54] Thank you.

Thank you.

Thank you.

Thank you.