

# The Heaviest Burden in All the World!

by Thomas Brooks

---

*Thomas Brooks emphasizes that sin is the heaviest burden in all the world, causing emotional distress and spiritual oppression, and calls for deliverance from this miserable life.*

**Scripture:** Psalm 38:4, Psalm 40:12, Psalm 51:10, Isaiah 53:6, Matthew 11:28, John 8:36, Romans 7:24, Romans 8:1, Galatians 6:2, 1 John 1:9

**Topics:** "Deliverance through Christ", "Burden of Sin"

---

## Description

Thomas Brooks emphasizes that sin is the heaviest burden one can carry, as it overwhelms the soul and leads to deep sorrow and despair. He reflects on the anguish caused by sin, which can lead to tears and groans, echoing the cry of Paul in Romans about the struggle against sin. Brooks encourages listeners to recognize the weight of their sins and the need for deliverance from this burden, ultimately pointing to the hope of freedom through Christ.

---

## Transcript

"My sins have overtaken me, and I cannot see.

They are more than the hairs of my head, and  
my heart fails within me." Psalm 40:12

"For my sins have flooded over my head; they are  
a burden too heavy for me to bear." Psalm 38:4.

Of all burdens--sin is the heaviest burden in all  
the world!

Poor souls; sin is a burden that so troubles them and  
puzzles them, that so presses and oppresses them, as  
that it wrings many bitter tears from their eyes, and  
many sad and grievous sighs and groans from their

hearts. "Oh, what a miserable person I am! Who will  
free me from this life that is dominated by sin?"

Romans 7:24

---

Source: <https://sermonindex.net/speakers/thomas-brooks/the-heaviest-burden-in-all-the-world/>

# *Grow in Your Walk with Christ*

---

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

**[www.sermonindex.net](http://www.sermonindex.net)**