

Burden-Bearing Prayer

- *“Every man shall bear his own **burden**”* – Gal. 6:5
- *“Cast thy **burden** upon the Lord”* – Ps. 55:22
- *“Bear ye one another’s **burdens**”* – Gal. 6:2

Examples of Burden-Bearing Praying

Physical burdens – chronic pain, terminal illness, recovery from injury

Financial burdens – debt, unemployment, needed funds

Family burdens – marriage crises, building relationships, wayward children

Spiritual burdens – unsaved people, besetting sins, personal growth

Emotional burdens – depression, fear, anxiety

Elements of Burden-Bearing Praying

1. Share

- “Sharing” is the step of making a burden known. This can be done by raising a hand, standing, and even verbalizing the need.
- **Heb. 10:24; 13:3**

2. Care

- “Caring” is the expression of concern and compassion by those who are made aware of the burden. This may involve going to, giving a hug, holding a hand, or shedding a tear with the individual in need.
- **Rom. 12:15; I Cor. 12:25,26**

3. Prayer

- At this point it is time as an individual to join with, or as a group to gather around the one in need. Together we take the burden to the Lord by praying with and praying for the person bearing the burden.
- **Eph. 6:18**