



## **Getting Relief from Our Burdens Additional Help**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Mat 11:28-30 NIV)*

If you are still heavily burdened after reading my blog series, *Ahhhhhhhhh! Getting Relief from Our Burdens*, don't feel bad! We all need continual help in carrying our loads on this difficult trail called life. We need each other as we trek upward to higher ground of living like Christ.

I've learned a few things along the way and I pray that this additional information will lighten your load. But before you go any further, it would behoove you to reread the blog material. We typically need numerous repetitions for new ideas to sink in enough to apply them. Just like with anything, head knowledge alone is NOT enough if you want results. You must put this information into action if you want your life to be less wearisome.

Here are the links to reread or listen to the blogs:

[Ahhhhhhhhh! Getting Relief from Our Burdens](#)

[Ahhhhhhhhh! Getting Relief from Our Burdens—10 Keys: Part 1](#)

[Ahhhhhhhhh! Getting Relief from Our Burdens—10 Keys: Part 2](#)

[Ahhhhhhhhh! Getting Relief by Releasing Our Burdens One by One](#)

After you've gone through this material again, here are a few things to consider that will help in alleviating your load:

### **1. Take God at His Word**

Do you *really* believe Jesus' words in Matthew 11:28-30? If you don't, that is the place to start.

### **2. It's a process**

It takes time to learn how to release our burdens to God. Let Jesus teach you.

### **3. Ask yourself these questions:**

- Are you trying to carry the weight alone—without God and others?
- Are you saying “Here, God, take my burden”? But you haven't gotten into His yoke; wanting only for Him to wave His “magic wand” and make it disappear?
- Are you not willing to change from your old ways; unrepentant of your sins?
- Are you listening to the lies of Satan?

### **4. Are you doing your part?**

What is God asking you to do in order to release your burden? Is it to:

- Forgive a hurt?
- Step out in obedience?
- Reconcile with someone?

For those God-given burdens:

- Are you leaning on God's sustaining grace to endure?
- Are you trying to do His will in your own strength?
- Are you asking for His direction?

**Do what you can, and let the rest, rest in God's capable hands.**

## 5. Have you identified your *specific* burden(s)?

Go through the burden categories in [week 1](#) and [week 4](#). Write down the ones that apply to you. Sometimes our burdens are interrelated. Ask the Lord to help you sort them out. Here are some questions you could ask:

- Where do you feel stressed?
- What past/recent events have got you feeling down?
- Who has hurt or disappointed you recently/in the past? Have you dealt with it? Have you given it to the Lord and let Him comfort you?
- What are you worrying about that is out of your control?
- Are you carrying a self-imposed load?
- Are you carrying someone else's load?
- Are you too busy? Ask God what you could remove from your plate, at least temporarily?
- Do you feel guilty due to:
  - Unconfessed sin?
  - Not doing what God has told you to do?
  - Repeated sin (read: [7 Tips to Help You Break that Sinful Cycle!](#))
  - Past failures

Are your guilty feelings coming from God, yourself, or the enemy of your soul?

Examine your heart with the Holy Spirit and He will lead you into all truth and freedom from your burdens no matter what they are.

## 6. Contemplate on God's character and Truth

One of the ways to get God's truths into the core of our being is to deeply think about it and how it pertains to our specific situation.

Ask yourself: "If \_\_\_\_\_ is really true how will it alleviate my burden? For example:

- If God is truly in control, then \_\_\_\_\_
- If God is truly good, then \_\_\_\_\_
- If God is truly faithful, then \_\_\_\_\_  
(Repeat with some of the other attributes of God that come to mind.)
- If Romans 8:28 is really the truth, then \_\_\_\_\_

Let the Holy Spirit guide your thoughts here. He has an uncanny (=supernatural) way of leading you into the truth that is relevant to your issue. Trust Him to guide you. If you seek Him with all of your heart you will find Him (which includes His truth; see Jer 29:11-14).

## 7. Use your imagination

Close your eyes and imagine taking each one of your burdens and spreading it at the feet of Jesus, asking Him, "What do I do with this one, Lord?"

For the ones you need to completely relinquish, picture throwing it up and releasing it completely. If it comes back, simply do it again and again—as often as needed. Pray to God for help in letting it go.

For the burdens you are to carry, imagine yourself and the Lord sharing the load together. Picture yourself in a yoke beside Jesus, walking together as you pull the load behind you; feel how light and easy it is to carry compared to doing it alone. Feel the freedom of knowing Jesus is determining the pace and direction of each step.

Once again, if you find yourself carrying the load alone, simply get back in the yoke again—as often as it takes. Ask the Lord to help you get in and remain in the yoke.

If it's a burden you are to temporarily lay aside, picture putting it in Jesus' backpack. Then you can channel all of your energy into that one project/person needing your attention in that moment. You won't be feeling the weight of that other burden—it is safe in Jesus's pack. You won't be wasting any energy in worrying about it.

When it's time to carry it again, Jesus will help you—“For My burden is light....”

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My friend, trust the Lord Jesus with your burdens! He wants to help you so you can live the abundant life!

*The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. (Jn 10:10 NKJV)*



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