

Burden Prayer

Galatians 6:2 – Bear one another's burdens, and so fulfill the law of Christ.

1. Ask the person about their burden. What is their need?
Ex: a burden for a son or daughter, a burden of fear, discouragement or anxiety, a burden of sickness, a financial burden, etc.
2. Listen to them and ask any follow-up questions for more information.
3. What is the prayer focus needed to help this person?
 - a. Is this a situation to agree with them in intercession?
 - b. Is this a burden to lay at the feet of Jesus that is not theirs to carry?

1 Peter 5:7 – Cast all your anxiety on him because he cares for you.

Lead them in a prayer: "Lord I lay at your feet the pressure of this responsibility... the pain of this relationship." Follow up by leading them to receive an exchange from the Lord. "Lord, what do you want to give in exchange for what I was carrying?" – peace in place of anxiety, love in place of fear, joy in place of heaviness, freedom in place of unforgiveness, cleansing in place of sin, truth in place of a lie.

4. Pray for them. Pray with your same gender or a mixed group. Ask permission to lay your hand on a shoulder. Ask the Holy Spirit to come and minister to the person and to manifest His presence. Ask God for a Scripture, for discernment, and for prophetic insight to bring encouragement. After praying for the issue, consider praying for a fresh filling of the Holy Spirit.
5. Share any encouragements or prophetic words you sensed from the Lord. Speak life, hope and the grace of God over their situation.