

Prayer Sheet 116: God Bears Our Burdens Every Day

Prepare Heart (Enter the Prayer Room 15 minutes prior, wait on God in praise and worship music)

I. Praise (12-15 minutes): Praise God for who He is, His attributes, His name, or His character (use short prayers with God's word, no intercessory requests during this time).

Attribute: God Bears Our Burdens Every Day

Declaration: Jesus Christ bears our burdens every day, carrying our failures, injustices, sorrows, anxieties, worries, sins, and guilt.

Scriptures (ESV):

- [Deuteronomy 32:9-12] But the LORD's portion is his people, Jacob his allotted heritage. He found him in a desert land, and in the howling waste of the wilderness; he encircled him, he cared for him, he kept him as the apple of his eye. Like an eagle that stirs up its nest, that flutters over its young, spreading out its wings, catching them, bearing them on its pinions, the LORD alone guided him, no foreign god was with him.
- [Psalms 55:22] Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.
- [Psalms 68:19-20] Blessed be the Lord, who daily bears us up; God is our salvation. Our God is a God of salvation, and to GOD, the Lord, belong deliverances from death.
- [Matthew 11:28-30] Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
- [2 Corinthians 1:8-10] For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

II. Confession (2-3 minutes): Confess and repent. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 (NKJV)

III. Thanksgiving (8-12 minutes): Thank God for what He has done; also thank God for adversities, submitting to God's sovereignty. No intercessory requests during this time. "In everything give thanks; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 (NKJV)

IV. Intercession (30-40 minutes): According to the theme of the day, first pray the scriptures then pray for specific matters. Group 2-3 intercessors together.

Intercessory Scriptures:

For believers, choose a1 or a2

a1. Dear Lord Jesus, thank You for bearing____'s burdens every day, carrying____'s anxieties, fears, sins, and guilt. Help____to share Your yoke and rejoice in You alone. (Psalms 68:19, Matthew 11:29)

a2. Dear Heavenly Father, please help____to bear other people's burdens and so fulfill the law of Christ. Please help____not to grow weary while doing good, for in due season____shall reap if ____does not lose heart. Please help____to do good to all, as____has opportunity, especially to those who are of the household of faith. (Galatians 6:2, 9-10)

For unbelievers

Heavenly Father, please give to ____ the spirit of wisdom and revelation so that ____ may know You. Open the eyes of ____, turn ____ from darkness to light, from the power of Satan to God, so that ____ may receive forgiveness of sins and a place among those who are sanctified by faith in Jesus Christ. (Ephesians 1:17; Acts 26:18)

Pray for schools/workplaces: (5-10 minutes) Use scriptures "a" or "b" to pray for principals, teachers/bosses, employees; pray for spiritual awakening and revival, protection, etc.

V. Pray for Nations, Churches/Organizations, and All People (5 minutes): Pray freely for the following points as the Holy Spirit leads. **1. Nations:** nations and governments, those in authority, peace, justice, the spread of the Gospel, and the salvation of people; **2. Churches/Organizations:** churches, ministries, missions, and their leaders; unity, holiness, wisdom, strength, protection, and faithfulness in fulfilling God's calling; **3. All People:** families, children, young people, and those in need. (Note: Keep the content of intercession in the prayer room, do not spread it out!)