

5 Prayers for Releasing Burdens



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by [Kim ButtsKim's Blog](#)

Many of us are carrying burdens these days. Do you find it as difficult as I do to just bring them to the feet of the Lord, set them down, and ask Him to take

them upon Himself? 1 Peter 5:7 says, "Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you."

If you are anything like me, sometimes I set a burden down then grab it up again. This is completely a lack of trust on my part. Leaving my burdens with Jesus results in freedom, joy and peace! So, I decided to study some of the Scriptures that speak of the attentiveness of God to the burdens I carry in my heart.

As I studied, I wrote prayers to go with each Scripture. I hope they will help to jumpstart your own prayers as you trust Him to lift the worry, concern and anxiety from you during stress-filled seasons:

Psalms 143:1

Hear my prayer, O Lord; listen to my plea! Answer me because You are faithful and righteous.

Father, no matter what burden I am carrying, I can trust that You will not only listen, but that You will also be faithful and righteous as You answer. Sometimes my burdens are heavy and difficult as I lay them at Your feet with loud frustration. Other times, I may not even be able to speak, but only utter pleas that have no words. Please give me courage and strength during these times so that I am able to lay down the burden and walk away, knowing that You will handle it as You have promised!

Psalms 3:3–4

But You, O Lord, are a shield around me; You are my glory, the one who holds my head high. I cried out to the Lord, and He answered me from His holy mountain.

Thank You, Father, for being my protector and defender. There are many days when my head is down because I am so burdened, but You are the lifter of my head. You help me to look up and out and beyond my

worries. When I cry to You, asking for peace, You answer me!

Romans 8:26

Also, the Spirit helps us with our weakness. We do not know how to pray as we should. But the Spirit Himself speaks to God for us, even begs God for us with deep feelings that words cannot explain.

Holy Spirit, when I am feeling weak and unsure about how to pray, You are there! Sometimes there are just no words to describe the feelings and I just feel inadequate to express the depth of emotion in my soul. Thank You for crying out to God on my behalf, and for coming alongside of the depth of my pain, hurt, disappointment, fear, frustration, or whatever else I am going through when life is difficult. Instead of being ashamed before God, I can trust that You will carry my burdens to His understanding, loving heart.

Ephesians 1:19–20

I also pray that you will understand the incredible greatness of God's power for us who believe Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.

Powerful, miracle-working God, help me to remember that there is nothing I will ever walk through that You can't handle. The same mighty power that raised Jesus from the dead is always at work in my life. I believe You are able, Lord! Walk me through this time of uncertainty, and hold my burdens as Your own. Fill me with peace and the knowledge of Your continual presence moment by moment.

Jude 1:24

Now all glory to God, who is able to keep

you from falling away and will bring you with great joy into His glorious presence without a single fault.

Grace-filled Father, sometimes I am tempted to doubt Your goodness when my burden is so heavy. I don't understand why I resist giving it into Your care. I know that You are able to keep me from falling away from Your love, even when others I know walk away and turn their backs on You during difficult times in their lives. I don't always understand why I struggle when I have placed my trust in Your heart. I know that when I can't figure out how You are moving, Your heart is always for me. Show me how to experience great joy in Your "glorious presence" as I willingly release my burdens and allow You to carry them.

God is for us, even when life seems against us. Burdens can sometimes be gifts we carry so that God can reveal more about His character. What burden

are you carrying today that you want to prayerfully give to God? Spend some time releasing it into God's care. He wants to help you break free and experience rejoicing. Trust His heart. He is the God of miracles who raised Jesus from the grave. His heart is for you.

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Biography

Kim's passion is to see God's people recognize that prayer is a creative, continual moment by moment lifestyle as we align our hearts with the plans and purposes of God for His glory and the sake of His kingdom. Her ministry involves writing,

teaching and consulting. She also compiles and edits HPM's free daily devotional, [Connection!](#) and [blogs](#) regularly on the HPM website).

Kim graduated from Whitman College with teaching credentials and a BA in Psychology. She has a Masters degree in Spiritual Formation and Leadership from Spring Arbor University.

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