

What to Do with Your Burdens

➡ **ACKNOWLEDGE THAT
YOU HAVE THEM**

➡ **PRAY
ABOUT THEM**

➡ **CONSIDER THEIR
CAUSES**

➡ **SHARE WITH
OTHERS**

• Galatians 6:1-2

➡ **TRY TO FORGET
THEM... BE BUSY**



➡ **TURN THEM OVER TO
THE LORD**

• Psalm 55:22

➡ **MUST BEAR SOME
YOURSELF**

• Galatians 6:5

HAVE YOU TURNED YOUR BURDENS OVER TO GOD?