

Giving Your Burdens to God

Matthew 11: 28-30 (NIV)

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ *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.* ³⁰ For my yoke is easy and my burden is light.”

1 Peter 5:7 (NIV)

Cast all your *anxiety* on him because he cares for you.

Psalm 94:19 (NIV)

When *anxiety* was great within me, your consolation brought me joy

Pray to God in this way:

1. List your burdens
2. Give your burdens
3. Ask God to take your burdens

He will give your soul rest.