



Blessedly BURDENED

Fasting Guide | August 2024

Most people think of **burdens** as simply *a negative consequence* of living in this fallen world. That doesn't have to be the case though. A God-given burden is truly **a blessing** from above and is one of *the greatest gifts* that God can give us. As we fast and pray, ask God to give us a Holy Burden:

1. That **MIRRORS** Him (Matthew 5:6)

- a. **NOTE:** Contrary to popular belief, God **cares deeply** about all of His creation—especially *His children*. A God-given burden reflects the heart of Christ to this world and reveals to others what **truly matters** to Him. Pray that God would *continue the process* in us that He started at salvation so that as we are made more like Jesus the lost in our lives **see Him** through us. (2 Corinthians 3:18)
 - i. **For Ex.** “Father God, I thank You for **caring so much** about us. It doesn't make sense and *we don't deserve it*. As You continue the process of sanctification began in us at salvation, please bless us with **the same burdens** for others that You have. May we be *faithful* and *effective* witnesses to this world as we testify of **Your love** by our *own example* and through *our prayers*.”
 1. **REMEMBER:** Becoming more like Christ involves both loving what He loves and **hating** what He hates. (Romans 12:9)

2. That **MOVES** Us (John 3:16)

- a. **NOTE:** Because “God so loved”, **He gave**. His burden for all humanity *resulted in an action* that changed the course of history and gives us hope for the future. Likewise, a God-given burden **will not stay inside** of us. God's burdens *cannot remain stagnant*: they must result in movement, they must lead to change. If one is given a burden from God and **refuses to move**, it will *rot in his chest* and the blessing will be given to another. (Exodus 4:14-16; 1 Samuel 15:23, 28)
 - i. **For Ex.** “Lord God, I thank You for *not staying still* when You were burdened for us. Thank You for **moving** and **acting** on our behalf. I ask that You would bless Your people with the same kind of burden that **motivates** us to **move** because of our *love for You* and our *love for others*. Destroy all strongholds of **complacency**, **fear**, and **distraction** that are holding us back and instead give us Your *holy drive* and *discipline* to pursue that which You have given us.”
 1. **REMEMBER:** The first and **greatest action** that a burden leads to is *prayer*. (Ephesians 1:15-18)

REMINDERS For Fasting:

- Every *desire* for what is given up is a **REMINDER** to **pray**!
- Every *moment* of weakness is a **REMINDER** of our **dependence**!
- Every *temptation* of the devil is a **REMINDER** to keep **fighting**!