

Overcoming  
stress, burnout,  
and heavy  
burdens: By  
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So, many Christians are struggling with stress, heaviness, or heavy burdens because they are carrying a weight they were never meant to carry. The enemy wants Christians to fill their schedules and their time with so much busyness, that they just feel so stressed out and tired. Jesus Christ wants to lift the heavy burdens from our lives. Instead of heaviness, He wants to give us joy, peace, and comfort. That comes from His presence and our relationship with Him.

Matthew 11:28-30 says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

1 Peter 5:7 says, "Casting all your care upon him; for he careth for you."

We may be stressed out because we are working more than one job or managing a business, a ministry, children, and a spouse. That is why we are so tired all the time. The enemy wants us to take on more than we can handle. He wants us not to get the rest that we

need. The enemy wants to keep you up all night worrying and stressing about your life. But when we give our burdens to the Lord, He is able to give us rest and peace and strength to get through our days. When we choose to let go of what no longer serves us or our purpose, that is when we can find peace and joy.

Isaiah 61:3 says, "To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified."

When we get into the place of worship, and we are talking to the Lord about our day and life, the heaviness will be lifted from us, and we feel joy and peace from His presence and from spending time with Him. When we are in the presence of God, that is when He is protecting us and keeping us from harm and evil. His blood of protection is over us because we are His presence, and we will experience rest and peace from all heaviness and heavy labor. We will be able to serve again and work towards our purpose because we have rested in the presence of God.

He will equip us with everything needed to serve Him and our purpose on earth. He will use us for His glory when we surrender our will to Him and do what He has commanded us to do. When we choose to follow Him and obey Him, we will be at peace in our hearts, minds, and lives. It is not always easy, but when we ask God for His help to remove the heaviness, the burdens, and the stresses, He will do it for us. He will relieve us from anything in our lives that is taking up our time and energy that is not His will, plan, and purpose for us.

So if you are up all night worrying about your job, business, spouse, then God wants to lighten the load in your life. He wants you to be willing to let go of some of the things that you have been holding onto that are causing you to be stressed out. You may need to let go of a job, a career, a business, or a ministry so that you can do the things that God wants you to do that are in His will for your life. Sometimes, certain jobs, ministries, or businesses may fall apart. So, God may have you let them go, so that you can move forward with what He does have for you, that is in His will.

Luke 22:42 says, "Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."

God may move you from one job to the next because you have served your purpose at that last job. You have done your part there, and now it is time to move to a different position or possibly to get promoted to another location. God wants to use you in other places other than where you are currently located. He cannot use you in the same place where there is stagnancy. You may be in a place where there is no growth or movement. We as Christians are to grow in our faith and walk with Christ. So, God will move you to another place so that you can grow and mature and become the person He has called and created you to be. Sometimes, transitioning into a new place may be hard and difficult because we are just getting used to it and adapting to change.

Change is not always easy because we are used to old things and old places and people. When God wants to move you to another place, He will remove the old and send in the new. So, you may be tired and stressed out because you are in the same location of that job or that

business or ministry or home. God may want you to be willing to let go of the old in your life, so that you can move forward with the new that He has in store for you. You may be tired and stressed out because you are taking on more than you can handle. You are holding onto what is not God's will, plan, or purpose for your life. So, when you let go of the old plans, dreams, and agendas, that is when God can work in and through your life to accomplish His will and plan for your life.

You may be very comfortable with where you are at, but you are feeling so tired and stressed out because you keep holding onto things that are not meant to be in your life. Once you let go of the burdens and the heavy weight of working a certain 9 to 5 job, or working overtime at your job, or working at a business that is not making progress, then God can put you where He wants you to be. He can place you in the right environment around the right people at the right time. But we need to be willing to not only let go and let God, but to trust in Him for what is next.

The enemy wants us to hold onto the old jobs and careers and ministries in our lives because He doesn't want us to grow or to move to the next level that God

wants to take us to. He wants us to remain stuck in the same place around the same people from our past. But when we say no to certain things and people from our past, we are able to say yes to God and what He wants for us and our lives.

Isaiah 43:18-19 says, "Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."

2 Corinthians 5:17 says, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

