

## Burdens Presentation 1.0

### Opening:

Come in with the heavy cross, have it across shoulders, put down. Come in with smaller crosses, put down. Signify burdens and how even though they vary in size, burdens carry the same weight.

What is a burden?

Types of burdens:

- Emotional
- Physical
- Family
- Financial
- School
- Work
- Relationship

How does it feel to have? (Weight of the world, second guessing yourself)

Francis's personal story :

Failure/ rejection:

How has this stopped you, reactions you've had from it. Made you change. Ask crowd about it

Sin as a burden

How can sin be seen as a burden? Why? Sin and guilt. Go into describing sin.

Go into underlying details. (Sin and burdens, concerning yourself)

Have you have had a burdern because of sin?

Steve's story: Rejection

Small group questions:

Have burdens ever limited you in anything you have ever tried to do?

Can you consider yourself a burden?

To whom?

Has a burden ever held you back?

Are there burdens that made you give up something?

Has this affected you?

Have you ever second guess yourself?

What are some of the consequences of these burdens?

Have you ever confronted a personal burden?  
Have you ever let a burden build up overtime?  
Can you identify one of your own burdens?

Song: Snow Patrol "Close your eyes" (Give out lyrics)

How does this relate? Go over details of song.

Overcoming burdens:

Identifying burdens  
Can they help you at all?  
How could you overcome them?  
Have you ever overcome any?

Jill's story: overcoming burdens.

Journal entry on burden

Serenity poem at the end