ARISE & BUILD
CONSULTING

WEEKLY PRACTICE

Week of _____

The Burden Page

You are not alone with your burden.

Write it plainly. Tell one person you trust. Take one step this week.

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1 My burden

In one sentence, what is weighing on me right now?

_____

_____

_____

2 Who I will share it with

One person God has already placed around me.

_____ Name

_____ We will talk by (day)

3 My next faithful step

One small step I can take within seven days.

_____

_____

_____ I will report back to

_____ On (date)

Walk it out. Bring this page to your next check-in.

Biblical clarity. Practical workflow. Faithful next steps.