

The Weight You're Still Carrying

Your Page

Press play on the audio first. Fill this in as you go. There are no wrong answers, and nobody else reads this.

1. What I'm still carrying

“I'm still carrying...”

2. When I picked it up

A date, a season, or an age. Close enough is close enough.

3. What carrying it protected me from

“Carrying this protected me from...”

4. What carrying it is costing me

“Carrying this is costing me...”

5. What I said to God about it

Nothing to fill in here. This one is the prayer at the end of the audio. If words come afterward and you want them, there's room below.

Naming the weight is not the same as being free of it. You did the naming, and that is the part most people never do. Setting it down is a different kind of work, and it is what Consecration Day is for.

You can bring this to God without me, and people do get free without a guide. If you want someone to walk it with you, that's what the conversation is for.

Set up a conversation with me here: calendly.com/coachlukeparker/discernment