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Mighty Prevailing Prayer: Experiencing the Power of Answered Prayer

33. How to Carry a Prayer Burden

A practical how-to on handling the sudden prayer burdens God gives, and on keeping yourself available to receive them. The first half is what to do when a burden comes; the second half is how to live so God can trust you with one.

Key takeaways

- A sudden prayer burden is God's SOS — interrupt what you're doing and pray at once.
- Focus on that one burden alone; get alone, add fasting if it runs through mealtime, keep pen and paper to jot stray thoughts and prayer steps so your mind stays free.
- Hold on until God lifts the burden; long burdens come and go over days, with rest between, until the breakthrough.
- God may lead you to enlist other capable intercessors — but not every burden should be shared; let Him guide how widely.
- To be available: keep a disciplined prayer life, live filled with the Spirit, listen for His voice, obey immediately, and expose yourself to real needs.

- Use prayer lists — church, nations, the unsaved, changing needs, government leaders — so God can easily lay a fresh burden on a heart already praying.

Passages worth keeping

“Sudden prayer burdens are God's SOS call for your help.”

The chapter's guiding image for what a burden is and why it demands immediate response.

How it connects

The Holy Spirit is named as the source of every prayer burden and the Spirit of intercession, so availability to burdens is really availability to Him.