

# DISCERNMENT & BURDEN BEARING

## I DEFINITIONS

### A. BURDEN

1. That which is carried, a load.
2. That which is carried with labor or difficulty.

### B. BEAR

1. To hold up and support.
2. **Isaiah 63:5a** “I looked and there was no one to help and I wondered that there was no one to uphold.”

### C. DISCERN

1. To separate, distinguish BETWEEN .
  - \* **I Kings 3:9** “Give your servant an understanding heart to judge Your people; that I may discern between good and evil.”
2. To recognize.
  - \* **Malachi 3:18** “You shall discern between the righteous and the wicked, between him that serves God and him that serves him not.”
3. To detect with the senses.
  - \* To see, hear, KNOW, feel or understand.
  - \* **I Corinthians 2:14** “The natural man receiveth not the things of the Spirit of God for they are foolishness to him; neither can he know (understand) them because they are spiritually discerned.”

### D. DISCERNMENT

1. The quality of being able to grasp and comprehend that which is obscure.
2. Stresses accuracy in reading character or motives.
3. An ability to see what is not evident to the average MIND and spirit.
4. Different people discern different burdens: for a person, themselves, a people group, a nation, land, or time.

5. The Lord needs people who can discern. **Jonah 4:11** “And should I not spare Ninevah, that great city, wherein are more than 120,000 persons that cannot discern between their right hand or their left.”

#### **E. SCRIPTURES**

1. **Galatians 6:5** “For every man shall bear his own burden”
2. **Galatians 6:2** “Bear one another’s burdens and so fulfill the law of Christ”
3. **Isaiah 58:6** “Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens-----.”
4. **Romans 15:1** “We that are strong ought to bear the infirmities of the weak and not to please ourselves.”
5. **Psalm 38:4** “My iniquities are over my head as a heavy burden, they are too heavy for me.”

#### **F. NATURAL BURDEN BEARER: HORSE, DONKEY, CAMEL**

1. **Purpose:** Carry a load or a person.
2. **DESTINATION**: Not go around in circles.

#### **G. SPIRITUAL BURDEN BEARER**

1. **Purpose:** The purpose of a burden is to signal the person to intercede.
2. **Destination:** The destination of a burden is the Lord Jesus Christ.

#### **H. INTERCESSION**

1. Huperentunchano “to make petition or intercede on behalf of others.”
2. A Burden Bearer intercedes on behalf of others.
3. When God gives you a burden, pray and bring the burden back to God.
4. A circle: from God to man, and **BACK TO GOD** .
5. **Isaiah 59:16** “He saw there was no man and wondered that there was no intercessor.”
6. **Ezekiel 22:30a** “So I sought for a man among them who would make a wall and stand in the gap before Me on behalf of **THE LAND**.”

## II BURDEN BEARERS

### A. TWO DIFFERENT TYPES OF BURDEN BEARERS

1. WOMB called Burden Bearers.
2. Those who receive the discernment and burden bearing later in life.
3. **Hebrews 5:13b** “-----Those who by reason of use have their senses exercised to discern both good and evil.”
4. The womb called Burden Bearer is usually the most sensitive. Their gift is usually more accurate, more on TARGET.
5. From conception the womb called Burden Bearer has been like a sponge, soaking up other people’s burdens, like an air filter in rooms filled with spiritual smog.
6. Sensing what is out in the world; they often resisted and/or resented being BORN.
7. **Ezekiel 44:23** **The sons of Zadok** “**And they shall teach my people the difference between the holy and profane and cause them to discern between the unclean and the clean.**”

### B. WHAT DO THEY LOOK LIKE?

1. They easily sense what others feel, nearly to the point of “mind reading” in some cases.
2. They tend to be more creative than average, but the creativity can be quenched.
3. They sense the vibes in a LOCATION more than others.
4. They occasionally know what a friend is feeling across a space of miles.
5. Many times the Burden Bearer is so full of other people’s hurts, that they have a hard time distinguishing their own pain from the pain of others.
6. They have been embarrassed that so many tears or so much anger has followed such small woundings.

### C. DESIGN AND GIFTING

1. They are unusually sensitive compassionate individuals; MERCY motivated.
2. They occasionally have psychic gifts; divination. This can be confusing.
3. As Christians, their gifts are often Intercession, Word of Knowledge and Mercy. If they do not give all their gifts to the Lord, their gifts will RULE them.

4. Often he/she has developed a deep distrust of God. If there is any way in which the child in them has not trusted God with their own wounds, to that extent, they will not trust God with the wounds of others.

#### **D. THE BURDEN BEARER AND THEIR FAMILY**

1. They do not recognize their own emotions as distinguished from that which they pick up from others.
2. They have been rebuked or ridiculed for their responses.
3. Family problems? The Burden Bearing child will discern the undercurrents.
4. They have learned to STUFF their emotions.
5. Parents can become domineering.
6. Parents sometimes impose a rigid grid on their families using rules and schedules to try to keep a reign on the unpredictable EMOTIONS of those around them.
7. They had parents or grandparents who did the same thing.
8. Occasionally the family will not stuff their emotions, but are explosive.
9. In this atmosphere where the family stuffs emotions, the burden bearing child will often be the family's scapegoat. That does not mean the child is necessarily picked on, but is rather the recipient of continual and sometimes SUBTLE under cutting.
10. He/she is the poor child we are all concerned about; the kid who is just not quite WITH IT.
11. He/she is the black sheep, the weird one, about whom jokes or cutting remarks are made; psycho, crazy, looney.
12. Others give us NAMES and we put them on and wear them.
13. **Isaiah 62:2b "You shall be called by a new name, which the mouth of the Lord will name."**
14. The burden bearing child is often the substitute mate, or mediator in the family, because of their need to help and fix others.
15. A womb called Burden Bearer is often misunderstood and receives much wounding.
16. Parents may use the discerning burden bearing child to discern for the family. This encourages the physic.
17. Parents of a Burden Bearing child have the AUTHORITY to ask the Lord to remove any burdens that the child has picked up. And to ask the Lord to protect and guard the child until the child is old enough to understand the gift.

## E. BEHAVIOR

1. Nit-picky criticalness often in the name of “ **CONCERN** ” for others.”
2. Often complains of a pressure building inside.
3. Outbursts of **ANGER**, alternating with periods of depression.
4. To avoid having to cope with the energies of many people washing over him/her like waves, the Burden Bearer will sometimes try to “purify” the atmosphere by narrowing their focus to one person and their problems.
5. Sometimes the Burden Bearer will become a clown and be loud or always cracking jokes to keep people at a distance.
6. Feelings of confusion or being in a **FOG**. Such people’s minds are literally cluttered with years of accumulated burdens.
7. Manipulativeness in relationships; a way of conquering people’s crushing energies.
8. Continual depression.
9. Lack of **IDENTITY**. In the midst of emotions and burdens, they never find out who they are.
10. They often point out everyone else’s sins or short comings as a way of turning attention away from themselves to try to restore a sense of “okayness.”
11. They collect to themselves people who need **HELP**; a vulnerability to leeches.
12. They experience waves of unexplained emotion, and sometimes wind up feeling **CRAZY**.
13. Many drug addicts, alcoholics, prescription drug users etc. are really wounded Burden Bearers. They are vulnerable to addictions because of their need to dull their pain and sensitivity.
14. Frequent illness. **STRESS** takes its toll on the body.
15. Feel like a Martyr, false responsibility.
16. Peacemakers at any price!
17. A wounded Burden Bearer often over reacts and is critical; a healed Burden Bearer is discerning and prophetic.

## III SO WHAT DO I DO?

### A. GIVE THE LORD PERMISSION TO **HEAL** YOU

1. It helps a person to know that not all the emotional hurt inside is their own.

2. Learn to separate your own burdens from the burdens that are around you.
3. Some things hurt more than they should, because these hurts “land” on **HURTS** that have been stuffed inside.
4. Repression causes hurts to fester. Though childhood hurts may seem trivial, they need to be dealt with.
5. Confess any anger, hatred, bitterness, revenge or murder in your heart toward the people that the Burden Bearer grew up with.
6. Burden Bearers carry other people’s **GUILT**.
7. Pray that God lift away the burdens laid on you in childhood.

**B. UNGODLY SOUL AND SPIRIT TIES**

1. I choose to break all ungodly soul and spirit ties with \_\_\_\_\_.
2. Lord, I am asking You to break all ungodly soul and spirit ties with \_\_\_\_\_.
3. I send his/her **PIECE** back to \_\_\_\_\_.
4. I ask You to return my **PIECE** and my energy to me.
5. Lord, I ask You to seal both ends with Your blood.

**C. WE ARE SPIRIT, SOUL AND BODY**

1. The spirit in charge!
2. Your spirit should rule over your **SOUL**.
3. A spirit controlled soul will direct the body properly.
4. Pray that God will align your spirit, soul and body. Pray for the unscrambling of the functions of the spirit and soul and reintegration in harmony.
5. Pray for the appropriate balanced function of each part of you, so the mind or emotions do not overdo their task, so there is always some level of the person that is **AT** **REST**. **Hebrews 4:9-12**

**D. EXPLORE THE ISSUE OF IDENTITY**

1. Often the person’s identity is the “ **PROBLEMS** of others.”
2. They may feel they are terrible while everyone else is okay.
3. Our identity must be rooted in Christ.

**E. BALANCE YOUR ACTIVITIES**

1. Vent your energies with physical exercise.
2. Vent your energies by telling **GOD** exactly how you feel.

3. **Numbers 11:11, 14-15 v11** “And Moses said unto the Lord, why have You afflicted your servant? And why have I not found favor in Your sight, that You lay the **BURDEN** of all this people upon me v14 I am not able to **BEAR** all this people alone, because it is too heavy for me. v15 and if thou deal thus with me, kill me . . . .”
4. Pray that the Lord will **PROTECT** your emotions “ahead of time,” before you go into stressful situations. Put your emotions under the blood.
5. Die to self-importance; the need to be needed.
6. Don’t wallow in **FEELINGS**. Pray and go about your business.

## F. PRAY

1. “Lord, don’t let me carry a burden that **YOU** haven’t laid on my heart.”  
“Lord, don’t let me carry a burden **LONGER** than You ask me to.”
2. **Daniel 7:25** “And he (satan) shall speak great words against the Most High and shall wear out the saints of the Most High-----”
3. When you feel a burden should you push it away or stuff it down? No! Pray!!
4. **Psalms 142:1-3a** “I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out my complaint before Him; before Him I tell my trouble. When my spirit grows faint within me, it is You who knew my way.”
5. **Psalms 143:4** “Therefore my spirit is overwhelmed within me; my heart within me is distressed.”
6. **Luke 22:45** “And when He arose from prayer and was come to His disciples, He found them **SLEEPING FOR SORROW.**” In garden of G.
  - \* If the disciples had understood the **BURDEN** of **SORROW**, they could have prayed and carried the burden to the Father.
7. Discern a problem in a person? Pray!
  - a. Lord do you want me to help?
  - b. What part? What is their next step?
  - c. What is your timing?

## IV. BURDENS

### A. HOW DO YOU DISCERN A BURDEN?

1. See
2. Hear
3. Know

4. Understand
5. **DREAM**
6. Feel
7. **SMELL**

**B. WHERE DO THE BURDENS COME FROM?**

1. God
2. Ourselves **Psalm 38:4 “For my iniquities have gone over my head; Like a heavy burden they are too heavy for me.”**
3. Satan
4. **LAND**

**C. PIGGYBACK BURDENS**

1. From Yourself and Satan.
2. From God and Satan.
3. From Self and **GENERATIONAL** **INIQUITY**.
4. From Land and Satan.

**D. BURDEN FROM GOD IS A SIGNAL TO PRAY FOR**

1. A person.
2. A people group.
3. A **NATION**.
4. Land.
5. Time.
6. Ourselves.

**E. OUR OWN BURDEN IS A SIGNAL TO PRAY**

1. Physical pain from a physical source? **God is the answer.**
2. **EMOTIONAL** pain? **God is the answer.**
3. Spiritual problems? **God is the answer.**
4. **Psalm 34:4-5 “I sought the Lord, and He heard me, and delivered me from all my fears.”**
5. **Psalm 68:19 “Praise to the Lord, to God our Savior who daily bears our burden.”**

6. **Psalm 38:4-7** “**Guilt has overwhelmed me like a Burden too heavy to bear. ---I am bowed down and brought very low, all day long I go about mourning. My back is filled with searing pain, there is no health in my body.**”

#### **F. A BURDEN FROM SATAN IS STILL A SIGNAL TO PRAY**

1. If this is from the enemy, Lord you deal with him!!
2. His purpose is to steal, kill and destroy me, constantly keeping me burdened by things that ARE NOT assigned to me by God.
3. His purpose is to keep me constantly weighted down by burdens, never understanding what is wrong with me.
4. Pray and ask the Holy Spirit to be your filter, to sort out all the burdens that are around you so that you will only “pick up” the ones that God wants you too.
5. The Lord is the answer, He is the destination.

#### **G. LIES OF THE ENEMY**

1. God caused this.
2. He knows all about it and He’s not doing anything.
3. He’s put it all on YOU and YOU need to take care of it.
4. If you don’t, no one else will.
5. You are responsible; the savior.
6. You can’t trust Him.

#### **H. THE TRUTH      Matthew 11:28-30**

1. **“Come to Me all you who labor and are heavy laden and I will give you rest.”**
  - \* Come with your burden and I will take care of it and give you peace and relief. You can quit working.
2. **“Take My yoke upon you, and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”**
  - \* Listen to the truth about Me, this truth will take the work out of the burden of intercession. Your part is to bring the burden to Me. My part is to answer as the Father directs. When you have done your part, let go of the responsibility and rest. Then your mind, will and emotions will be at peace.
3. **“For My yoke is easy and My burden is light.”**

- \* The burden I give is just a temporary signal to pray. Be yoked together with Me, in My work, through the truth.

## I. HOW TO PRAY

1. Pray for discernment of what or whose burden you are picking up: a person, a people group, a nation, the land, time, yourself or generational iniquity.
2. Declaration:
  - a. Lord, **YOU** are the answer.
  - b. **YOU** are **THE** Intercessor.
  - c. I am **AN** Intercessor. I proclaim my dependence on You.
3. Lord, I pray for \_\_\_\_\_. (the burden)
4. I bring **YOU** the burden and **LAY IT DOWN**.
5. Lord, please **TAKE THE BURDEN**.
  - \* **Psalm 55:22** “Cast thy burden upon the Lord and He shall sustain you.”
6. If the burden remains, ask a friend to pray with you.

## J. TIMING

1. When the Lord places a burden on you to pray, it is His burden, His desire and His **timing** to pray!
2. Timing is critical. The Lord is **ALWAYS** right on time!
3. **When a discerning Burden Bearer understands and learns to pick up signals to pray and prays immediately, he/she becomes a powerful weapon in the hand of the Lord. Their prayers are like heat-seeking rockets, hitting the target and producing strategic damage to the enemy at critical times in the battle.**

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