



Offload Your Burdens and Find Rest with *Jesus*

Introduction

Many people love God deeply, yet still find themselves feeling out of sorts, overwhelmed, exhausted, anxious, or unsettled on the inside.

This guide isn't about trying harder or fixing yourself.
It's not about saying the right prayers or having the right answers.

It's about creating a safe space with Jesus to bring what you're carrying into His presence, honestly.

Offloading is a way of allowing what's been weighing on your heart and body to be expressed and released, rather than pushed down or ignored.

It's not about rushing past pain or pretending everything is fine.
It's about meeting God in what's real.

This guide invites you to slow down, breathe, and let go of what no longer needs to be carried alone.

Inside this guide, you'll find a section on *how to offload*, as well as an *offloading prayer* to support you.

You don't have to do both.
Just choose what feels right for you.

There is no pressure here.
No expectation.
Just an invitation to offload and rest.

***"Come to Me, all you who labour and are heavy laden, and I will give you rest."
Matthew 11:28***

What is Offloading?

Offloading is about bringing your heart honestly to God.

It's allowing what you're experiencing, the thoughts, emotions, fears, memories, and pressures to be expressed, felt, and gently processed in God's presence, rather than being pushed down or spiritually bypassed.

Offloading isn't about "Giving it to God", so it's over with.

When we try to move on without acknowledging what exactly is going on, the weight of it often remains.

Scripture encourages you to bring your burdens to God and to pour out your hearts before Him (Psalm 62:8), because what is brought into the light can begin to heal.

Even Jesus expressed His emotions openly.
He wept. He felt anguish.
But He didn't ignore what He was feeling.
He met the Father in it.

Offloading is a way of partnering with God through your relationship with Him.
It's trusting Him with everything and allowing Him to see you, understand you, and care for you.

That's where peace begins.

Not through avoidance, but through being real and unburdened in His care.

"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." Psalm 34:18

Why Offloading Matters

Offloading matters because what we carry builds up over time.

Think of it like taking rubbish to the tip.
It usually happens after a house clear-out,
when things have quietly become too cluttered.

You sort out what needs to go.
You load the car.
And when you finally drop it off, there's relief.
The clutter is gone.
Your cupboards and rooms have space again.
You feel lighter.

It's the same with emotional and spiritual burdens.

Without realising it, we can end up carrying things for years, regrets, worries, disappointments, hurting memories, and things we wish had gone differently.

But we also carry the weight of present situations, ongoing pressures, and circumstances that feel unresolved or out of your control.

We need a safe space to release all these things because when you don't process them, they don't disappear.

Unspoken worries, heavy thoughts, and unresolved emotions, whether from the past or the present, tend to stay inside and will eventually affect your inner life and well-being.

Over time, this may show up as:

- Feeling burnt out or exhausted
- Increased anxiety or overwhelm
- Irritability, restlessness or tension
- Loss of hope or joy
- Feeling guilty
- Performing, pretending all is well and you're Ok when you're not.
- Difficulty feeling calm or settled
- Lack of clarity
- Feeling numb or withdrawn
- Low motivation
- Struggling to rest with God

Sometimes feeling unsettled or unable to rest means your body is also responding to stress or overload.

Jesus understands this.

***“Come to Me, all you who labour and are heavy laden, and I will give you rest.”
Matthew 11:28***

This isn't just a comforting verse.
It's a promise.

An invitation to stop hauling around what was never meant to stay with you.

To bring what feels heavy into God's care and leave it there.

Offloading to Jesus is choosing to place what you're carrying into His hands.

It's letting go of the need to manage everything on your own and allowing God to guide, strengthen, and support you.

And as you do, space opens again.
Space for peace.
For clarity.
For rest.

Not because everything is fixed, but because you're no longer carrying it alone.

“Cast your burden upon the LORD, and He will sustain you; He will never let the righteous be shaken.” Psalm 55:22

How to Offload

Offloading is about bringing what feels heavy on your heart or busy in your mind into God's presence, so peace can begin to return.

Here's a simple way to begin:

- Go somewhere you feel comfortable and uninterrupted
- Pause and take a few deep breaths. (Breathing through the nose, holding for a few seconds, then releasing helps signal safety to the parasympathetic nervous system, improves oxygen flow, and draws the mind out of racing thoughts and back into the present moment.)
- Acknowledge what you're feeling; emotionally, mentally, or physically.
- There's no need to analyse or fix any of it.
- Tell God honestly how you're feeling, without filtering or correcting yourself.
- Bring Him the worries, emotions, and situations you've been carrying.
- Tell Him about any memories that feel painful or unresolved.
- Be real and open; this is for your benefit, not His (He already knows and still loves you)
- Allow the Holy Spirit to show you anything that needs releasing gently, or if there's an invitation to repent
- If forgiveness is needed, choose to forgive and release it, so your heart can rest. Know that forgiving someone isn't ignoring what they did, or minimising it, but releasing the burden and the person to Jesus so that He can deal with it.

If you're experiencing big emotions, take a moment to sit with the emotion before moving on. Strong emotions can sometimes point to something deeper and carry helpful information that supports healing.

Allow yourself to feel what's present, gently and without judgment.

If at any point you begin to feel uncomfortable or overwhelmed, it's okay to pause.

Ask Jesus to help, to comfort you, to minister to you.

As you stay with the emotion and begin to express it, you may want to scream, yell, shout, cough or move; permit yourself to do it.

Clarity often follows, and you may start to understand what the emotion is pointing to. Ask Jesus to reveal any other roots or anything hidden.

Remember, it isn't about going over everything in detail.

And it's not about forcing yourself.

It's about allowing what's ready to be brought into the light and then gently letting it go into God's care.

***"Trust in Him at all times, you people; Pour out your heart before Him;
God is a refuge for us." Psalm 62:8***

Offloading Prayer

*Father God,
in Jesus' name, I come to You.*

I come to the throne of grace to receive mercy and help in my time of need.

*Lord, my heart feels overwhelmed.
My thoughts feel crowded.
My emotions feel heavy.
I feel tired, stuck, and uncertain.
I bring all of this to You now,
honestly and without hiding.*

*I know You are with me and for me, not against me.
I trust that You have good plans for my life and my future.
I remember that there is no condemnation for those who are in Christ Jesus.*

You see what I'm facing, and You care deeply about me.

You invite me to place what weighs me down into Your hands.

So right now, I choose to release what I've been carrying.

*I repent of where I have fallen short, trusting in Your forgiveness and grace.
Thank You that when I surrender, You meet me with mercy and love.*

*I also choose to forgive those who have hurt or wounded me.
(You may name them quietly, if you are able.)*

I release them into Your care, so my heart can be free and at rest.

*Lord, I release my worries to You.
(I specifically release to You...)*

*I release the fears that have been sitting in my mind.
(I specifically release to You ...)*

*I release the disappointments, the unanswered questions, and the plans that didn't work out the way I hoped.
(I release to You...)*

*I take this time to let go of everything that has been weighing on my heart and mind,
even the things that feel small or insignificant.
Nothing is too small to bring to You.*

I lift these burdens to You now and let them go.

*I choose to place myself under Your loving care, Lord Jesus.
I trust You to sustain me and keep me steady.*

*Holy Spirit, I invite You to fill me afresh.
Renew my strength as I wait on You.
Let Your living water cleanse my heart and mind
from everything that has been weighing me down.*

*Where I have felt overwhelmed,
I receive Your peace.
Where I have felt weary,
I receive Your rest.
Where I have felt discouraged,
I receive Your gentle reassurance.
Where I have felt fearful or anxious,
I receive Your perfect love.*

*I trust You to hold what I cannot fix.
I trust You to guide me step by step.
I trust Your unfailing love to strengthen and renew me.*

*I remain here with You now, allowing Your peace to settle in my heart, my mind, and my
body.*

*Thank You, Father God, that I do not have to carry this alone.
Thank You that rest is a gift You freely give.*

As I lay everything down, I choose not to pick it back up through worry or fear.

*In childlike faith, I trust that You know what needs to be done,
that You will provide what I need, and that Your plans are good.*

In Jesus' name,

Amen.

Enter God's Rest

After you've offloaded what you've been carrying, God invites you into a different way of living: He wants you to enter into His rest.

Entering God's rest means allowing yourself to stay in the space that's been created.

Not rushing to figure things out.

Not replaying what you've just laid down.

Not trying to fix or resolve everything.

It's choosing to trust that God now holds what you've released.

You may notice your body settling, your breath slowing, or your thoughts becoming quieter.

This is part of rest too.

Rest isn't something you strive for or achieve.

It's something you receive. It's a gift.

"For anyone who enters God's rest also rests from their works, just as God did from his." Hebrews 4:10

Resting from work is a ceasing of worry, anxiety, and working things out.

It's where we lean on Him instead of striving and trust Him rather than trying to control outcomes.

It's not about stopping life or avoiding responsibility.

It's about knowing what is yours to hold and what is safe to place into His care.

There are parts of life we can tend to, and there are parts that only God can carry.

What is yours to hold often looks like showing up for today:

- Taking the next gentle step in front of you.
- Making wise and loving choices where you are able.
- Caring for your heart, your body, and your boundaries.
- Speaking honestly and living with integrity.

What is safe to place into God's care are the things you cannot control:

- Outcomes and timing.
- Other people's choices or responses.
- Justice, vindication, and what feels unfair.
- Healing that takes time.
- The bigger picture you cannot yet see.

When we try to take responsibility for everything, peace slips away.
But when we trust God with what we cannot fix, peace begins to return.
He makes ways where there are no ways.

You don't need perfect faith.
You don't need all the answers.

Just a willingness to say,
"Jesus, I trust You," and to let go.

You can tend to what is in your hands today and trust God with everything else.

And when you feel overwhelmed or worn down, you are always welcome to stop,
bring your focus back to Him, and enter His rest again.

"The peace of God... will guard your hearts and minds." Philippians 4:7

Next Step

I hope this guide has helped you.

I also want you to know that you don't have to walk this journey alone.

You're warmly invited to sign up for weekly encouragement at shaunatooley.com, where I share empowering, faith-filled teaching to help believers grow closer to the Lord, stay grounded in peace, and walk out their faith each day