

7 Signs You're Carrying Too Much

(Even If You're Still Faithful in Your Calling)

In ministry and in a life devoted to Christ, it's possible to be deeply faithful—and deeply exhausted at the same time.

You keep showing up. You keep serving, praying, leading, giving. People may even look to you as strong, steady, and dependable.

But quietly, the weight keeps building.

Here are seven signs you may be carrying more than God ever asked you to carry.

1. You're Pouring Out More Than You're Receiving

You spend your time encouraging others, praying for others, and meeting needs.

But your own soul feels undernourished.

Time with God starts to feel more like preparation for others than connection for yourself.

"Come to me, all who are weary and burdened, and I will give you rest." — Matthew 11:28

2. Rest Feels Unproductive—or Even Wrong

You know rest is biblical, but it's hard to actually take it.

There's always another need, another message, another responsibility. Slowing down can feel like letting people—or even God—down.

3. You Carry Responsibility That Belongs to God

You feel responsible for outcomes you ultimately cannot control:

- People's spiritual growth
- The health of your church or ministry
- Whether others respond to truth

You know the truth theologically... but emotionally, you still carry it.

4. You Struggle to Be Fully Present With God

Even during prayer or worship, your mind drifts to:

- Sermon ideas
- Counseling conversations
- Church concerns

Your time with God becomes crowded with ministry instead of centered on relationship.

5. You Say “Yes” More Than You Discern

Your heart to serve is strong—but it can override wisdom.

You step in quickly, help often, and carry burdens without always asking:
“Is this mine to carry?”

6. Joy in the Calling Feels Dimmer

You still believe in what you're doing.

You still love God and care about people.

But the joy that once marked your calling feels quieter—muted under the weight of constant responsibility.

7. You Tell Yourself, “This Is Just Part of Ministry”

You normalize the weight.

You assume this level of exhaustion is simply what it means to be faithful. So you keep going, even when your soul is tired.

A Gentle Reminder

God never asked you to replace Him.

You are called to be faithful—not to carry everything.

“My yoke is easy and my burden is light.” — Matthew 11:30

If what you’re carrying feels consistently heavy, it may be time to ask:

- What has God actually given me to carry?
- What have I picked up along the way?
- What do I need to release back to Him?

Faithfulness includes surrender.

And sometimes, the most spiritual thing you can do...
is set something down.

And One More Thing

You don’t have to carry this alone.

God often brings relief through people—not just in private prayer, but through safe, trusted relationships.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” — Galatians 6:2

“Plans fail for lack of counsel, but with many advisers they succeed.” — Proverbs 15:22

That might look like opening up to:

- A trusted friend
- A former mentor
- A fellow pastor or leader who understands
- Someone who can listen without judgment and point you back to truth

If the weight feels deeper or more persistent, it may also be wise to reach out to a trained, Christ-centered counselor—someone equipped to walk with you through both the emotional and spiritual layers of what you're carrying.

If that would be helpful, our team at Restoration Christian Counseling exists for that very purpose. We are committed to providing safe, confidential, faith-aligned care for those who are ready to take a step toward healing.

Reaching out is not a failure of faith.

It's often an act of wisdom—and a step toward restoration.