The Burden Sort

A discernment worksheet for mentors walking through hard seasons

> *"Bear one another's burdens, and so fulfill the law of Christ." — Galatians 6:2*

Every mentor eventually faces the same quiet question in a hard season: *is this mine to carry?* This worksheet won't answer that for you — but it will help you ask it better. Read each scenario below and check the column where it belongs. There's no grade here — just a chance to slow down and sort the weight before you try to carry it.

How to Use This

1. Work through the twelve scenarios below, checking "Bear It" or "Not Mine to Carry" for each one.
2. Use the discernment question in the box below every time you're unsure.
3. Fill in the four blank rows with real situations from your own mentoring relationship.
4. Finish with the reflection questions and closing prayer on page 2.

The discernment test: Before you check a box, ask — *if I carry this weight for her instead of with her, does it strengthen her, or does it stunt her?* If carrying it robs her of what God wants to grow in her, check "Not Mine to Carry." If she genuinely cannot bear it alone right now, check "Bear It."

#	SCENARIO	BEAR IT	NOT MINE TO CARRY
01	She calls you crying at 11pm, and you have work in the morning.	☐	☐
02	She hasn't left her house in two weeks.	☐	☐
03	She wants you to tell her whether to leave her marriage.	☐	☐
04	She needs someone to just sit with her in silence — no advice.	☐	☐
05	She keeps returning to the same choice that keeps hurting her.	☐	☐
06	She's overwhelmed by grief and can't function some days.	☐	☐
07	She needs a ride to an appointment she's dreading.	☐	☐
08	She wants you to repair things between her and her mother.	☐	☐
09	She's spiraling in shame over something she can't undo.	☐	☐
10	She's stopped answering your texts altogether.	☐	☐
11	She needs someone to pray over her, specifically, by name.	☐	☐
12	She wants you to carry her anger toward God for her.	☐	☐
13		☐	☐
14		☐	☐
15		☐	☐
16		☐	☐

Reflection Questions

1. Which scenario was hardest to sort — and what made it hard? What does that difficulty tell you about where you tend to overstep or under-engage?

2. Think of a burden you're currently carrying for someone that may actually be her load. What would it look like to hand that piece back to her, gently, this week?

3. Think of a burden you've been keeping at arm's length that may actually need you to move closer. What's one concrete way you could bear it with her this week?

4. Who is carrying a burden with *you* right now — and if no one is, who could you ask?

A Closing Prayer

Lord, thank You for the woman You've placed in front of me. Give me the wisdom to know what's mine to carry and the humility to release what isn't. Where she needs me to bear the weight, make my shoulders willing. Where she needs to carry her own load, give me the grace to walk beside her instead of ahead of her. Let neither of us walk alone. Amen.