

A Prayer for the Weary Woman

Dear Heavenly Father,

Thank you for the wonderful truth of your Word, and for the promises it contains. Promises for provision, and for rest, and for hope for the future. Thank you for your Son, who shed His precious blood so that I could be forgiven and adopted into your family. Thank you for the privilege of coming boldly before your throne, calling you Father and bringing all of my cares and burdens to lay before you. And thank you that both Jesus and the Holy Spirit are praying for me, even when I don't have the strength to pray for myself.

Lord, Jesus said that the weary should come to him and He would give them rest. I need that rest today, Lord, and that's why I've come before you. Today I name ALL of my fears and doubts, along with all of the burdens that my soul is so tired of carrying, and I cast them before you, laying them down at your altar. Please remove the weight of these burdens from me and help me resist the temptation to pick them back up again, but to leave them with you, trusting that you are far more able to deal with them than I am.

Help me to have confidence in the promises that are written in your Word, and to trust with all my heart that you keep your promises. Teach me to put my confidence and hope fully in you and to fully trust the plans you have for me--plans for my benefit and not for evil, to give me a future and a hope.

Lord, please teach me to wisely discern my part in your plan, to recognize what is truly my responsibility to take care of. Help me not to overburden myself by taking on burdens that don't belong to me, and to realize that when I do, I make myself unavailable for the tasks and opportunities you have just for me. Help me to remember that when I try to do everything, I also deprive other people of opportunities to serve and receive blessing. Teach me to let you establish the work of my hands, and to trust that what you give me is enough.

Please give me the patience I need to wait on you, and to wait patiently for your plan to unfold in my life. As I wait, create a renewed spirit within me, and let patience have its perfect work, producing perseverance, good character, and hope that never fails. Help me to recognize your leading, and give me the wisdom, courage and flexibility to always follow your lead.

Finally, Father, please help me remember that I don't have to prove anything to anyone, least of all to you. You don't love me because of the size of my To Do list or how many items I'm able to check off each day. You love me simply because I'm your daughter, and because of this I can trust you to provide for me, and to carry me when I'm too tired to walk. Help me to find moments to simply be still and know that you are God, and that I can safely lean into you and let you orchestrate the details of my life.

Thank you for loving me, Lord.

In Jesus' name I pray,
Amen.

