

A Prayer for Rest

Jesus, I am tired. My mind is frazzled, my hands are full, and my emotions are reeling with all the things I have to do. Help me to come to you in the middle of the overwhelm. Remind me of your ever-present help in my times of need. Show me how to rest in You. Reveal to me both the beauty in the work and in the rest. Calm my anxious thoughts and encourage my heart with Your nearness. Instruct me in your ways. Bring productivity and contentment out of the peace and comfort I find. Settle me in Your truth and in Your love. Amen.

*Now may the Lord of peace himself give you his peace at all times and in every situation.
~ 2 Thessalonians 3:16 (NLT)*

A Prayer for Renewal

Jesus, I am weary. I spend each day busy but feel I accomplish little. Help me to set healthy boundaries and prioritize by Your Holy Spirit. I have my to-do list, but what do You have for me today? Help me not to miss Your divine appointments. Set my focus on things above and keep my eyes on You. Reveal to me what I should hold on to, and what I need to let go. Empower and equip me for the work You have for me. Give me the lasting strength of abiding in You. Renew my mind, body, and spirit, Lord, and make me whole. Amen.

*Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.
~ Isaiah 40:31 (NASB)*

A Prayer for Relaxation

Jesus, I am stressed. Help me to accept your invitation to come empty and receive the rest I need. Help me to willingly release my fear, my worries, my agenda, and my to-do list. Ease the tension and replenish my body. Silence the voices of doubt and speak Your words of truth. Remove the heaviness of my day and pour out abundantly into my life. Fill me with Your peace, joy, and love. Fill me until the overwhelm is consumed by Your grace, and my life reflects the beauty of resting in You. Amen.

*Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.
~ Matthew 11:28-30 (NLT)*