

Rest from Weariness and Discouragement

Lord Jesus, Your servants need to hear Your gentle voice calling them to come near to Your heart and rest. Let us hear You saying, “Come to Me, all you who are weary and burdened, and I will give you rest.” (*Quiet your mind until you can hear the Lord’s gentle whisper calling you to rest.*)

Help me to see You standing near. Remove all anxiety, fear, and unmet expectations. Let me see Your smile and feel Your favor surrounding me as a shield. Remind me that my name is engraved on Your hand. You know my every need even before I ask. Your thoughts about me are more than the grains of sand on the seashore. You became as human as I am so that while seated at the Father’s right hand, You are interceding for me right now. I am never alone. You are with me always, even at this very moment.

I’m tired, Lord. Like Elijah I feel as though I’m the only one left standing, even though You assure me I am surrounded by a great cloud of witnesses cheering me on. The burdens are too much for me. But I hear You now, reminding me that Your yoke is easy and Your burden for me is light. You carry the burden alongside me, actually carrying me too, letting me rest all day long securely between Your shoulders! Yes, Lord, here and now I cast my burden upon You. (*Give each burden specifically to the Lord, even “throwing it” to His shoulders.*) I trust You to sustain me. You will never allow the righteous to fall. Instead I will remain fruitful for You, for I will flourish like a palm tree planted in Your house, still bearing fruit even in old age. Thank You, Lord, that even now You cover me with Your feathers so that under Your wings I find refuge. Your faithfulness is my shield. I will wait and hope in You, for You will renew my strength. I will soar on eagle’s wings, run and not be weary, walk and not faint.

Because I hope in You I will not be disappointed. For You are my God for ever and ever. You will be my guide even to the end! Thank You, Lord! By day You direct Your love; at night Your song is with me—this is my prayer to the God of my life. Amen.

(James 4:8a; Mt. 11:28; Ps. 5:12; Is. 49:16; Mt. 6:8; Ps. 139:17-18; Phil. 2:7-8; Rom. 8:34; Heb. 13:5; 1 Kings 19:4, 10b; Heb. 12:1; Ps. 50:15; Heb. 12:2; Mt. 11:29; Deut. 33:12; Ps. 55:22; Ps. 92:12-14; Ps. 91:4; Is. 40:31; Is. 49:23c; Ps. 48:14; Ps. 42:8)