

Lord,
I recognize how often I act as though I am limitless. I want to hustle and get everything done yet my body fails me. I hate how weak I feel. But in that weakness, it reminds me how imperfect I am. And that's the point - I am not You.

I was never designed to be limitless. To work without rest. Help me to slow down. To focus on what truly matters and let go of the rest.

Lord, give me the energy I need to serve You, and others well. Remind me to rely on you when I am physically, mentally, or emotionally tired.

I trust you, so show me the way I should go and help me follow you. And when it's time to rest, calm down my thoughts and let me rest completely.

In Your Sons Name,
Amen

