

EXHAUSTION

Lord, I am tired.

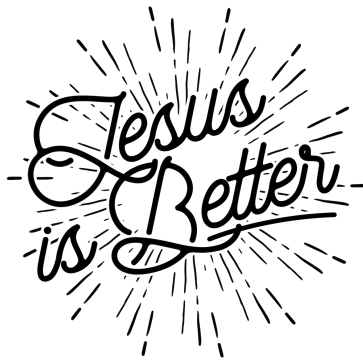
My mind is exhausted with trying to wrap itself around the changes in my life.
Because of this virus, I am
trying to manage information that comes in at a rapid-fire pace,
trying to discern what is most true,
trying to understand what is right and good when the world's messages are mixed.

Father, I feel burdened by carrying the load of too much information;
information that is making me acutely aware of the brokenness of the world in a way
that consumes my thoughts and smothers my soul.
And I feel helpless.

Oh God, I am worn down and weary with processing loss.
Loss that seems to affect me and everyone I know:
loss of routines, of normalcy; loss of jobs and income;
loss of celebrations of life; loss of people I cannot be with; loss of loved ones.

I know that my reaction to this is to try to take control of things I have no control over.
It is exhausting and futile. But worse,
it is the outcome of lies I am believing about you.
The enemy wants me to think you are distant, absent, or unaware.
Forgive me, Lord, when I believe what he whispers.

We have been trying to carry the burden of too much information since the garden.
Forgive my pride, Lord; only you are big enough to carry it.
There is nothing that happens that you do not see or know already.
You have authored my story – it is your story.
You carry what crushes me with ease.



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Father, forgive me when I believe the lie that you are not sovereign and good and faithful.
Help me to stop striving
to manage, to discern, to understand everything in my own strength.
Help me to trust you without more understanding than you desire me to have.
Thank you for your Word that tells me the truth of who you are –
may it consume my thoughts;
may I rest in that truth and not in my circumstances.

Father, you gave me the only shelter from the brokenness in this world
by giving your Son to die for my sins.
Help me remember what I have already been saved from.

Jesus, you call me, the weary and burdened, to come to you for rest.
You are the good shepherd who cares for me and laid down your life for me.

Jesus, you know me, you love me, you see me, you have saved me,
and you delight in caring for me.
You are so much better than anything the world can offer me.

Amen.