



Prayer for Burnout and Exhaustion

LORD,

I come to You feeling so exhausted. My mind, my body, and my spirit are all worn down. I'm tired beyond words, physically, emotionally, and mentally. Everything feels overwhelming, and I don't know how to keep going. It's as if the weight of the world is on my shoulders, and I've been carrying it for so long that I don't remember what it feels like to be at peace. I need Your help, LORD, because I can't do this on my own anymore.

You say in Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest." I'm here, LORD, laying all my burdens at Your feet. I need Your rest. I need You to restore my soul, to breathe new life into me. I've been pushing so hard, trying to meet everyone's expectations, maybe even my own unrealistic standards, and it's left me drained. Please help me find rest in You, real rest that refreshes my soul.

GOD, I know some of this burnout is because I've been trying to do everything in my own strength. I've taken on more than I should, thinking I had to manage it all. But Your Word says in Philippians 4:13 that I can do all things through Christ who strengthens me, not through my own strength, but through Yours. I confess that I've neglected to rely on You fully. I've tried to be everything for everyone, and it's left me empty. LORD, fill me again. Help me remember that You are my source of strength.

I ask You to help me set healthy boundaries, to know when to step back and rest. I've been running on empty, and it's not sustainable. Your Word says in Psalm 23:2-3, "He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul." Lead me to those quiet places, LORD. Teach me to rest in You, to trust that things won't fall apart if I step away for a moment to recharge. Show me how to take care of myself the way You intend, so I can better serve You and others.

LORD, I also ask for wisdom. Help me discern what is necessary and what is not. Show me where I need to let go of tasks or responsibilities that are no longer mine to carry. I need Your guidance because right now, everything feels urgent, and I can't seem to tell the difference between what is important and what is just busy work. Your Word says in James 1:5 that if I lack wisdom, I can ask You, and You will give it generously. I ask for that wisdom now, LORD. Help me prioritize according to Your will.

I also pray for renewed purpose and passion. Burnout has taken away my joy in the things I once loved, and it feels like I'm just going through the motions. LORD, revive my spirit. Restore the joy of serving You, of living out the calling You've placed on my life. Isaiah 40:31 says, "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." I need that strength right now, GOD. I need Your Spirit to lift me up and carry me through this season.

PUZZLE PIECES LIFE

YOUR PURPOSE. GOD'S PLAN. ONE PUZZLE PIECE AT A TIME.



GOD, if this burnout is a signal that I need to make changes in my life, I ask for Your clarity. Help me see where I need to slow down or step away from things that are no longer serving me or aligning with Your will. I surrender my plans, my schedule, and my need for control. Take over, LORD. Help me trust that You will guide me to where I need to be, and that it's okay to take a step back to rest and reset.

LORD, I give You my stress, my exhaustion, and my anxiety. I lay them all at Your feet, and I trust that You will replace them with peace. 2 Corinthians 12:9 says, "My grace is sufficient for you, for my power is made perfect in weakness." I'm weak right now, LORD, but I know Your grace is enough to sustain me. I don't have to have it all together because You are holding me together.

Thank You for hearing me, LORD. Thank You for reminding me that I don't have to carry this alone. You are my strength and my refuge, and I will find rest in You. Restore me, heal me, and renew my spirit.

In JESUS' name, amen.

Scripture References:

Matthew 11:28, Philippians 4:13, Psalm 23:2–3, James 1:5, Isaiah 40:31, 2 Corinthians 12:9