



## Exhaustion While Waiting on the LORD's Promises

LORD, I come to You today feeling weary, burdened by the weight of waiting. The years seem to pass so quickly, yet my prayers remain unanswered. As I grow older, doubts and fears creep into my heart. Will the desires You placed in me ever come to pass? Will I see the fulfillment of Your promises in my life? Your Word says, “But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint” (Isaiah 40:31). LORD, I need that renewal. My strength feels depleted, and I long for the confidence and assurance that You are working all things for my good.

Father, the ache of unfulfilled dreams grows heavier with time. Like David, I cry out, “How long, LORD? Will You forget me forever? How long will You hide Your face from me?” (Psalm 13:1). My heart feels the weight of deferred hope, which Your Word says makes the heart sick (Proverbs 13:12). Yet I also cling to the promise that a longing fulfilled is a tree of life. LORD, I need You to renew my hope and remind me that You are not slow in keeping Your promises but are always working in Your perfect timing (2 Peter 3:9).

LORD, I think of Sarah, who wrestled with the impossibility of having a child as she aged. Yet You were faithful, bringing forth Isaac in Your appointed time (Genesis 21:1-2). I remember Abraham, who waited for decades for Your promise to be fulfilled, learning to trust You even when the fulfillment seemed delayed. Teach me to trust like they did, holding on to the truth that You are able to do exceedingly abundantly above all I could ask or imagine (Ephesians 3:20).

The passing years bring added pressure and fear. I sometimes feel like I’m running out of time, as if my age disqualifies me from experiencing the fullness of Your promises. But Your Word reminds me that “He who began a good work in you will carry it on to completion until the day of Christ Jesus” (Philippians 1:6). LORD, let me hold fast to the knowledge that You finish what You start, and age is no obstacle to Your plans.

I remember Moses, who began his greatest work for You at eighty years old, leading the Israelites out of Egypt. Even in his frustrations with the people and his fears of inadequacy, You equipped him for the task (Exodus 3-4). LORD, I believe that if You could use Moses, You can use me. Help me to believe that my age, circumstances, or perceived limitations do not limit what You can do through me.

The exhaustion of waiting also affects my mind, body, and spirit. I confess that at times I feel too tired to even hope. But Your Word says, “The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and His understanding no one can fathom” (Isaiah 40:28). I take comfort knowing that You are my strength when I am weak, and You never grow weary of hearing my prayers or carrying my burdens.





Father, help me not to grow weary in doing good, for Your Word promises that at the proper time I will reap a harvest if I do not give up (Galatians 6:9). Let this truth sink deep into my heart, sustaining me in moments of doubt. Renew my perspective, and help me to see this season not as a delay but as preparation for something greater than I can comprehend.

LORD, I also pray for healing from the wounds of comparison. Seeing others achieve milestones I long for sometimes makes the waiting even harder. Remind me that Your plans for me are unique, and Your timing is perfect. You know the desires of my heart, and You promise to fulfill those who delight in You (Psalm 37:4). Teach me to find joy in the journey, even as I wait.

LORD, thank You for being a GOD who sees me, just as You saw Hagar in her moment of despair and reminded her that she was not forgotten (Genesis 16:13). Strengthen my faith as I navigate this season of waiting. Let my testimony reflect Your faithfulness and inspire others to trust You in their own waiting seasons.

I surrender my exhaustion, fears, and concerns about aging to You, trusting that You are the Author and Finisher of my faith. Fill me with hope, peace, and the assurance that You are working all things for my good.

In JESUS' name, amen.

## Scripture References

- Isaiah 40:31
- Psalm 13:1
- Proverbs 13:12
- 2 Peter 3:9
- Genesis 21:1-2
- Ephesians 3:20
- Philippians 1:6
- Exodus 3-4
- Isaiah 40:28
- Galatians 6:9
- Psalm 37:4
- Genesis 16:13

