



Heavenly FATHER,

I come before YOU today with a heart that is both grateful and weary. Life has given me many roles to carry, mother, wife, sister, friend, leader, caregiver, worker, but somewhere along the way, I have forgotten to simply be *YOUR daughter*. In the constant pouring out, I have neglected to pause and let YOU pour back into me. LORD, remind me today who I am in YOU, not just what I do for others.

There are moments, FATHER, when I feel like my identity is tied completely to the titles I hold. I measure my worth by how well I nurture, how much I accomplish, or how tirelessly I serve. But YOU gently remind me in Luke 10:41-42 that while Martha was distracted by all her responsibilities, Mary chose the better part by sitting at JESUS' feet. I confess that I've often been like Martha, busy doing many things, but forgetting to just *be* with YOU. Help me to return to that place of stillness, where I remember that before I was anything else, I was and will always be *YOUR beloved daughter*.

FATHER, YOU say in 1 John 3:1, "See what great love the FATHER has lavished on us, that we should be called children of GOD! And that is what we are!" Thank YOU for loving me so deeply. Thank YOU that my identity is secure in YOU, not in the changing seasons of life. Whether I am thriving or struggling in my roles, nothing can change the fact that I belong to YOU.

LORD, help me to prioritize my spiritual and emotional well-being. Sometimes, I give to everyone else until there's nothing left for me. I forget that I'm not meant to run on empty, but to live from the overflow of time spent in YOUR presence. Teach me to slow down, to breathe, to rest at YOUR feet, and to let YOU remind me of who I am. Help me to create space to nurture the woman YOU created me to be, not just the titles I carry.

I ask for healing in the areas where I have lost myself. If I've buried my dreams, passions, or even my voice under the weight of responsibilities, breathe life into them again, LORD. If I've believed the lie that taking care of myself is selfish, correct that thinking. Help me to see that prioritizing my identity as YOUR daughter is not neglecting others, but actually essential to living a full and fruitful life.

LORD, I surrender the pressure to be everything to everyone. I release the guilt that comes when I choose rest over constant striving. I lay down the fear of disappointing others and pick up the truth that YOU are pleased when I abide in YOU. Psalm 46:10 says, "Be still, and know that I am GOD." Teach me to embrace stillness without apology, trusting that YOU are in control even when I'm not holding everything together.

FATHER, I pray for other women who may feel trapped in titles, expectations, and endless responsibilities. Remind us all that YOU see us beyond what we do. YOU see the woman behind the mother, the wife, the leader, the caretaker. YOU call us by name. You delight in us simply because we belong to YOU.

Today, LORD, I choose to remember who I am. I am YOUR daughter. I am loved. I am chosen. I am valuable not because of what I produce, but because of WHOSE I am. Help me to live from that truth every single day. Re-center my heart in YOUR love so that every other role flows from a place of security and intimacy with YOU.



Thank YOU, FATHER, for calling me back to YOUR heart. Thank YOU for reminding me that YOU delight in me, not because of what I do, but because I am YOURS. Help me to prioritize my time with YOU, to care for my soul, and to live anchored in my identity as YOUR daughter first.

In JESUS' name, amen.

## Scripture References

1. **Luke 10:41–42 (NIV)**  
“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”
2. **1 John 3:1 (NIV)**  
“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”
3. **Psalms 46:10 (NIV)**  
“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”
4. **Galatians 4:6–7 (NIV)**  
“Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, ‘Abba, Father.’ So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.”
5. **Matthew 11:28–29 (NIV)**  
“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”
6. **Isaiah 43:1 (NIV)**  
“But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: ‘Do not fear, for I have redeemed you; I have summoned you by name; you are mine.’”
7. **Ephesians 2:10 (NIV)**  
“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”
8. **Zephaniah 3:17 (NIV)**  
“The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”