

Prayer

God,

give me the wisdom to recognize
what was never mine to carry.

Help me release the weight
I picked up out of habit, fear, or obligation...

and trust that I don't
have to prove my strength
by holding everything together.

Teach me to walk in alignment,
not exhaustion...

and to choose peace over pressure.

Today, I put it down...
and I trust You to hold what I cannot.

Amen.