

Strength for Your Journey: Lean on God

WEEK 5 — Leaning on God When Life Feels Heavy

Scripture References:

Matthew 11:28–30

Psalms 55:22

2 Corinthians 12:9–10

Devotional

Sometimes life feels heavier than we can bear—pressures, disappointments, and struggles pile up, leaving our hearts weary and our spirits exhausted. In these moments, it’s tempting to try to carry everything on our own. But God invites us to **lean on Him**, to rest in His presence, and to let His strength hold what ours cannot.

Consider **Naomi** during her time of grief and loss (Ruth 1). Naomi lost her husband and sons and was left in deep sorrow and uncertainty. Her life felt heavy, and the future seemed bleak. Yet even in her despair, God provided a way forward—through her daughter-in-law Ruth, and ultimately through the story of redemption that would come from their lives. Naomi’s journey reminds us that God never abandons us, even when life feels unbearably hard. His presence sustains, guides, and redeems every moment of our struggle.

When life presses in, God invites you to **cast your burdens on Him**. His strength will carry what yours cannot. His wisdom will guide your steps. His peace will calm your weary heart. You don’t have to face the weight alone—lean into Him and let Him bear it with you.

Reflection & Application

Take a moment to pause and intentionally place your burdens in God’s hands:

- Begin with this prayer:

“Lord, I cast my burdens on You. Hold me and strengthen me today.”

- Identify one area where life feels heavy and ask God to carry it with you.
 - Reflect on Naomi’s story—how God provided even in seasons of loss and emptiness. Let that remind you of His faithfulness.
 - Choose one Scripture from today to keep close as a reminder to lean on God.
 - When you feel weighed down today, pause, breathe deeply, and whisper:
“I will trust You, Lord, to carry this with me.”
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Guided Journal Prompts

1. What area of my life feels heaviest right now?

2. How have I tried to carry this weight on my own?

3. How does Naomi's story encourage me to trust God in my struggles?

4. Which Scripture from today strengthens me to lean on God, and why?

5. What is one practical step I can take today to rely on God's strength instead of my own?

Closing Prayer

Father, thank You for carrying the burdens I cannot bear and for giving me strength when life feels too heavy. Help me to lean on You today, trusting that Your grace is sufficient, Your presence is constant, and Your love never fails. In Jesus' Name, Amen.