

# DAILY HOPE

## LANTERNS FOR THE PATH



## When the Weight Presses In: Choosing Release

### Scripture

*“Come to me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28*

### The Shadow

The weight builds on your chest — stress, doubt, desperation, the constant *what ifs*. It steals your breath and keeps you from moving forward.

### The Light

Release is not weakness. It is trust. Letting go of what you were never meant to carry clears your hands to hold the lantern again.

### Daily Practice

- **Body:** Stand tall, open your hands, and breathe out slowly three times. With each breath, let the weight leave your body.
- **Mind:** Write down one burden you’ve been holding. Tear it up as a sign it no longer owns you.
- **Spirit:** Pray: *“I release what is heavy. I walk in rest and light.”*

### Closing Thunder

*Release empties the hands. Light fills them again.*