

Dear Lord,
Help me. I am struggling to not feel crushed under the weights of life. The little and big things that all feel like big things right now.

Please comfort me, remind me of what really matters. And help me to let go of what doesn't.

Teach me to release the false idea that somehow I can be perfect, or fill all of anyone's needs. Show me that none of those pursuits bring peace, and are NOT where my value lies.

I want to see what you mean, about the unforced rhythms of grace. Thank you so much for all you have done for me. And thank you, Lord, that you love me, period. Nothing I can "do" will change that. I am enough right now because YOU say so.

I need hope, and I humbly approach your throne with confidence to receive your grace and peace.

Amen