

LOVE YOUR LEGACY · BIBLE STUDY KIT



Week 6: When the Well Runs Dry

Tiredness sleeps off. Burnout does not. This week we tend the well itself.

Inside this kit: the full week of readings, a journal page, and a tracker sheet.
Free to print and share for ministry use.

Scripture is our foundation. Love is our expression.

Tiredness sleeps off. Burnout does not. This week we tend the well itself.

How this week works: A bit each day. Seven short daily readings, one for each day, that walk one theme from beginning to end. Each day ends in prayer. By Day 7 the week comes full circle. Go at your own pace. There is no falling behind.

Anchor Scriptures this week: Psalm 62:1; Isaiah 40:29; Jeremiah 31:25; Psalm 23:3; Isaiah 40:31; 2 Corinthians 4:16; Joel 2:25.

We have spent seven weeks rebuilding the self, love. Worth. Boundaries. Cycles. Sabotage. Trust. Rest. This week we tend the well itself. Burnout.

Burnout is not just tiredness. It is the collapse of emotional, physical, and spiritual reserves. It happens when your body keeps going, your emotions shut down, your spirit feels dry, your hope feels thin, and your heart feels heavy. It is whole person depletion, and hear this clearly: burnout is not a personal failure. It is a human limit.

A gentle heads-up from my heart to yours. We will touch deep exhaustion, spiritual dryness, and the ache of having nothing left to give. Some days may feel tender. Go at your own pace. You have full permission to linger on one day for a whole week, to skip a day entirely, or to put this down and come back when you are ready. There is no falling behind here. If your exhaustion feels frightening or your body is sending warning signals, please tell a doctor or a trusted professional. Resting in God and getting real help are not opposites.

Each reading takes about two minutes and every day ends in prayer. You are held all the way through.

Day 1: More Than Tired

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Truly my soul finds rest in God; my salvation comes from him." (Psalm 62:1)

Tiredness sleeps off. Burnout does not. Burnout is emotional depletion, spiritual dryness, physical exhaustion, compassion fatigue, nervous system overload, and the quiet loss of joy, clarity, motivation, and capacity. Burnout says: I cannot keep carrying this alone.

You can usually tell the difference. Tired says I need a nap. Burnout says I need a different life, and I do not have the energy to build one. Tired is a season. Burnout is a system running on fumes, the way a car keeps rolling after the fuel light has been on too long.

Naming it correctly is mercy. You cannot refill a well you keep insisting is fine. Today, just tell the truth about how empty it feels. God is not disappointed by your emptiness. He specializes in filling it.

Gentle prompt: On a scale of tired to empty, where are you honestly? Write the true word. No fixing it today, just naming it.

Prayer: God, I am more than tired and I am done pretending otherwise. Meet me in the emptiness. You said my soul finds rest in You alone. I am coming to find it. Amen.

Day 2: Why Survivors Burn Out Faster

Listen with Tay: Tay will record this day's reading herself.

Scripture: "He gives strength to the weary and increases the power of the weak." (Isaiah 40:29)

People with trauma backgrounds burn out more easily, and it is not because they are weaker. It is because they started the race already exhausted. They lived in chronic stress, so the nervous system was overloaded from childhood. They never learned healthy rest, because rest was unsafe or unavailable. They over function to stay loved, and people pleasing drains energy like a slow leak. They became emotional caregivers, filling roles they were never meant to fill. Hypervigilance burns mental fuel all day long. They ignore their own needs because survival taught them to push through pain.

Burnout is not surprising in a survivor's body. It is expected. Like a roof leaking after years of storms, it is not the roof's fault. It is the weather's.

So stop asking what is wrong with you. Ask what has been too much, for too long, with too little rest. That question leads to healing. The other one only leads to shame.

Gentle prompt: Which drain fits you best: never resting, over giving, carrying others' emotions, or staying hypervigilant? Write it down without self blame.

Prayer: Lord, I see now why I burn out faster, and it makes sense. I have been running on an empty tank for years. Thank You for strength for the weary. I am weary, and I am Yours. Amen.

Day 3: When Your Soul Feels Dry

Listen with Tay: Tay will record this day's reading herself.

Scripture: "I will refresh the weary and satisfy the faint." (Jeremiah 31:25)

Spiritual exhaustion has its own ache. Feeling distant from God. Praying feels hard. Worship feels flat. Scripture feels heavy. God feels silent. Faith itself feels tiring. Pressure replaces peace, and discouragement replaces hope.

Please hear this, love. This is not spiritual failure. It is spiritual depletion. Your spirit needs replenishment, not discipline. You do not need to pray harder, believe more, or try to manufacture feelings for God. A dry sponge does not need a lecture. It needs water.

God is not waiting for you to perform your way back to closeness. He is drawing near to refill you, the way rain does not ask the garden's permission. It just falls, gently, and everything green remembers how to grow.

Gentle prompt: What does your spiritual dryness feel like? Write one honest sentence to God about it. He can handle the honesty.

Prayer: God, my soul feels dry and I have been ashamed of it. Refresh me the way only You can. I do not need more pressure. I need Your presence, like rain on dry ground. Amen.

Day 4: His Invitation Is Rest

Listen with Tay: Tay will record this day's reading herself.

Scripture: "He refreshes my soul." (Psalm 23:3)

God's message to the burned out heart is simple. Rest. I will carry you. He never asked you to hold the world, fix everyone, stay strong always, perform for His approval, or pour from an empty cup. He simply asks you to come. Not come to serve. Not come to strive. Not come to perform. Come to rest.

We get this backwards so often, love. We treat God like a manager with a clipboard, and ourselves like employees afraid of being fired. But He is a shepherd with a staff, and you are the sheep He carries when you cannot walk. The shepherd does not scold the tired sheep. He lifts it onto His shoulders.

Lay down the clipboard today. You were never His employee. You are His beloved, and beloveds get to rest.

Gentle prompt: What are you carrying that was never yours to carry? Write it down, then write: I hand this to the Shepherd today.

Prayer: Jesus, my Shepherd, I have been carrying what only You can carry. Lift it off me. Refresh my soul the way You promised. Teach me to be carried. Amen.

Day 5: Gentle Rhythms for an Empty Well

Listen with Tay: Tay will record this day's reading herself.

Scripture: "But those who hope in the LORD will renew their strength." (Isaiah 40:31)

Healing burnout is practical, not just spiritual. Remove pressure: stop all unnecessary obligations, because you cannot heal while overloaded. Create gentle daily rhythms: slow mornings, quiet evenings, shorter lists, soft routines. Your system needs predictability the way a baby needs a schedule.

Sleep more than you think you need. Burnout requires rest in abundance, and sleep is medicine. Nourish your body with steady meals, water, and real fuel. Burnout is physical too. Take digital rest, because screens overstimulate a burned out mind. Reduce emotional labor: stop carrying other people's problems, emotions, and expectations. Your heart is tired.

None of this is dramatic. It is gentle, the way you would care for someone recovering from surgery. That someone is you.

Gentle prompt: Choose one gentle rhythm to try this week: a slower morning, an earlier bedtime, or one dropped obligation. Write your choice.

Prayer: God, show me where to be gentle with myself this week. Give me the courage to drop what is crushing me and the wisdom to build rhythms that refill me. Amen.

Day 6: Let Someone Take Care of You

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Though outwardly we are wasting away, yet inwardly we are being renewed day by day." (2 Corinthians 4:16)

This is often the hardest step, love. Let someone take care of you. When you are burned out, you have less capacity, need more space, need clearer boundaries, need gentler interactions, need support. Communicating this is not selfish. It is wise. Healthy relationships adapt to your capacity.

You have spent a lifetime being the strong one, the helper, the one everyone leans on. Letting the leaning reverse can feel like failure. It is not. It is how God designed renewal to work: inwardly, day by day, often through the hands of others.

Ask for the meal. Accept the help. Say yes to the prayer. Tell one safe person: I am running on empty, and I need you to carry a little of this with me. Connection heals burnout faster than solitude.

Gentle prompt: Who is one safe person you could let help you this week? Write their name and one specific thing you could ask for.

Prayer: Father, I am terrible at receiving care and I know it. Soften my pride and my fear. Send me safe hands, and give me the grace to take them. Renew me inwardly, day by day. Amen.

Day 7: The Slowly Refilling Soul

Listen with Tay: Tay will record this day's reading herself.

Scripture: "I will repay you for the years the locusts have eaten." (Joel 2:25)

Here is the promise to carry out of this week and out of this whole movement. God repays. What burnout took, He restores. What the locust years ate, He gives back. Not always in the same form, but in deeper measure.

You will know the refilling is happening when your mind feels clearer, your emotions soften, your body relaxes, your spirit feels connected, your hope returns, your joy awakens, your energy slowly rises. When you stop surviving and start living. When you feel like yourself again.

This is the slow miracle, love: your soul coming back home. You have spent seven weeks rebuilding the self. Worth reclaimed. Boundaries raised. Cycles broken. Sabotage faced. Your voice trusted. Rest learned. Now the well, slowly, faithfully, refilling. Let this be your Sunday morning prayer.

Prayer: God, restore what burnout has taken. Refill my spirit, renew my strength, revive my joy, and restore my peace. Lift the weight from my heart and carry what is too heavy for me. Calm my nervous system, heal my exhaustion, and teach me how to rest in You. Make me whole again, physically, emotionally, and spiritually. Repay the years the locusts have eaten. I receive Your refilling. In Jesus' name, Amen.

A Blessing to Close the Week

You stayed for seven days. You admitted the emptiness, faced the dryness, and let yourself be carried, and you stayed. That is a quiet kind of courage.

You did more than this week, love. You walked seven weeks of rebuilding with us, all the way from worth to this refilling well. Let this closing feel like a Sunday morning. Unhurried. No performing, no rushing ahead into the week. Put the kettle on, sit by the window, and let everything settle the way dust settles in a sunbeam.

Carry one sentence into your rest: He is refilling my well. Hum it under your breath the way you would hum an old hymn. Let it grow familiar.

The well does not refill all at once. It refills the way rain fills a cistern, drop by drop, while you sleep. You do not have to watch it. You only have to stop drawing from it faster than heaven can fill it.

If a day ever feels too heavy to hold alone, tell someone you trust. Ask for a gentle ear. Ask for an honest conversation. Ask for prayer. Let someone sit with you in it. Needing people is not weakness. It is how we were made to heal, together.

If you need someone to pray with you, someone who will listen all the way through, our prayer outreach team is here for you.

Rest today. Your well is refilling, because He says it will, and He is here in the quiet with you.

Source: Chapter 46, "Healing Burnout & Spiritual Exhaustion," from LOVE YOUR LEGACY: Faith & Recovery Network.

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Week 6: When the Well Runs Dry · Journal

One page for the whole week. Write as little or as much as you like.

What God showed me this week

A verse to keep

My prayer

Week 6: When the Well Runs Dry · Tracker

Tick each day as you finish it. There is no falling behind.

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| ☐ Day 1: More Than Tired | Psalm 62:1 |
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| ☐ Day 2: Why Survivors Burn Out Faster | Isaiah 40:29 |
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| ☐ Day 3: When Your Soul Feels Dry | Jeremiah 31:25 |
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| ☐ Day 4: His Invitation Is Rest | Psalm 23:3 |
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| ☐ Day 5: Gentle Rhythms for an Empty Well | Isaiah 40:31 |
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| ☐ Day 6: Let Someone Take Care of You | 2 Corinthians 4:16 |
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| ☐ Day 7: The Slowly Refilling Soul | Joel 2:25 |
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Listen with Tay recordings live on the week page at loveyourlegacy.ca. Need prayer? We would love to pray for you. Visit the Prayer page any time.