

Week 6: When the Well Runs Dry

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.