

Week 6: When the Well Runs Dry

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.