

Week 6: When the Well Runs Dry

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.