

Week 6: When the Well Runs Dry

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.