

Week 6: When the Well Runs Dry

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.