

# A Prayer for Jesus to

# *Restore My Soul*

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Restore my soul, Lord.

I'm weary from stressful emotional and physical overload. Burdens weigh heavy on my heart, shifting to landscape of my soul. I feel the toll of stress that saps my strength.

I can't fix myself and many circumstances I cannot change. I depend on Your help to recover and rest. Lead me to still waters, the Living Water of Your Spirit that accomplishes what I cannot do for myself.

Help me to release internal pressure that makes me uncomfortable about taking time for physical and spiritual rest.

You understand what I need right now. Please provide respite to refresh my energy. Help me to not just catch up, but to fill up with everything my soul needs.

You know the best way to renew my mind, body, emotions, and spirit. Inspire me with simple ideas for rest. Show me how to create space in my schedule.

Fill the gaps that I can't cover right now. I release my concerns to Your loving care.

You are the  
still water for my weary soul.

Thank you, Jesus.  
Amen.

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*A deeper life starts now.*