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## **A Prayer for When You're Running on Empty**

*Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen. – Ephesians 3:20-21*

Sometimes I feel suffocated by my to-do list. There are so many good things I want to accomplish. Keep a welcoming home for my family. Be present for the people I care about. Eat healthy and exercise. Excel in my career. Find a fulfilling hobby. Serve. Rest. How is one person supposed to get it all done? I just don't have the capacity. I don't – but God does!

In his letter to the church at Ephesus, Paul reminds Christ-followers of the incredible power available to help us live a life that glorifies God. Power that enables us to walk in the good works sovereignly arranged for us in eternity past. But if we're not careful, the good works God has prepared for us will turn into an overwhelming mission we can never achieve. Fortunately, God is able to accomplish far more abundantly beyond what we can ask or think through the power of the Holy Spirit working in us.

If you feel immobilized by your assignment, stop striving and remember these three things:

**In Christ, you are strengthened for your purpose by the power of the Holy Spirit.**

When you surrendered to Christ and made Him the Lord of your life, you received power to propel you from good intentions to Spirit-empowered action. If your pursuit is paralyzing you instead of energizing you, could it be that you're trying to tackle it in your own strength? If God has given you passions, talents, and opportunities, trust Him for the strength to walk them out.

**Second - Your value is rooted and grounded in Christ's love.**

Power in the wrong hands can be deadly. In the case of an overworked and overwhelmed Christ-follower, the biggest danger is physical, mental, and spiritual exhaustion. As you wear all the hats and juggle all the tasks, you forget one very important thing – rest! If your worth as a wife, a mom, an employee, and even a Christian, is measured according to the content of your daily planner, you'll always fall short. But your

value is not determined by your achievements. Your value is rooted and grounded in Jesus' love for you. He isn't fonder of the person who has a busier schedule or an impressive resume. There is nothing you can do to make Him love you more (or less). So go ahead, take a breath - and rest!

**And finally, remember that in Christ, you are filled with all the fullness of God.**

An overloaded schedule with little time for rest will quickly drain you. As your capacity dwindles, the things that matter most will be impacted. You'll become short with your family. You'll begrudge your schedule and resent your calling. If you run on empty for too long, you'll eventually crash and burn. But when you stop and seek the Lord, He will supply what is lacking. If you live your life truly surrendered to God, you will always have enough! Enough time. Enough energy. Enough resources. Enough of whatever you need for the present moment, and eventually enough for the next.

Don't allow your blessings to become burdens. Your God-given mission should exhilarate you, not exhaust you. When you've reached your limit, remember that God is sufficient! Entrust your plans to Him and He will do far more abundantly beyond all you ask or think.

**Let's Pray:**

Almighty God, You are sovereign over all things. You are powerful, You are good, and You alone can overcome all my insufficiencies. Lately I have been so focused on checking off all the boxes and accomplishing all the things that I have forgotten to seek You for strength and guidance. All the striving has made me tired and weary. I need you, Jesus. Today, I surrender every item on my to-do list to You! You have promised to carry my heavy burdens and give me rest for my soul. Thank You for a fresh perspective and a renewed energy to do the good things You have planned for me. In Jesus' mighty name, I pray. Amen.



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