

A FREE GIFT FROM RISEN LIGHT PRESS

Peace for the Weary Heart

10 short devotions and 12 prayer cards
for the days that feel heavy

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WELCOME

Some days are heavy. Not dramatic, just heavy: too much to carry and too little left to carry it with.

These ten short devotions were written for those days. Each one takes a few minutes: a verse, a reflection, a short prayer and one small thing to do today. You don't need to read them in order, and you don't need to be in a good place to begin. Open the one that sounds like your day.

At the back you'll find twelve prayer cards. Print them, cut them out, and keep one where you'll see it: by the sink, in the car, on the fridge, in your Bible.

We're glad you're here.

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DEVOTION ONE

When You're Exhausted

"Come to me, all you who labor and are heavily burdened, and I will give you rest."

MATTHEW 11:28

Some tiredness is fixed by sleep. This kind isn't. It's the tiredness of carrying things for a long time: a diagnosis, a child who is struggling, a job that takes more than it gives, a home where everyone needs something from you.

Jesus doesn't ask you to sort out your burdens before you come. He doesn't ask you to come rested or cheerful or with the right words. He says come, and he says it to the weary first.

Rest, in his hands, isn't always the problem going away. Often it's the weight being shared. You keep walking, but you are no longer walking alone, and that changes how far you can go.

You don't need a long prayer today. You only need to turn toward him with what you're carrying.

PRAYER

Lord, I'm tired in ways I can't explain. I bring you what I'm carrying today. Share the weight with me, and give me the rest I can't find on my own. Amen.

TODAY

Name one burden out loud, or write it on a piece of paper. Then hand it to God in one sentence.

DEVOTION TWO

When You Feel Unseen

"She called the name of the LORD who spoke to her, "You are a God who sees."

GENESIS 16:13

Hagar was alone in the desert, running from a household where she had been used and then pushed aside. Nobody was looking for her. And there, of all places, God found her.

She gives God a name no one else in Scripture uses: the God who sees. Not the God who sees the important people, or the ones who have it together. Her.

Much of what you do goes unnoticed. The meals, the appointments, the patience you didn't feel like having, the worry you carried so someone else wouldn't have to. Most days, no one says thank you.

God sees it, all of it. Not as a supervisor checking your work, but as a Father who notices his child. You are not invisible to him, not today and not on your hardest day.

PRAYER

God who sees me, thank you that nothing I do or carry is hidden from you. When I feel forgotten, remind me that you are looking at me with love. Amen.

TODAY

Do one small kind thing for someone who is usually overlooked, and don't tell anyone.

DEVOTION THREE

When Worry Won't Stop

"Casting all your worries on him, because he cares for you."

1 PETER 5:7

Worry has a way of running in circles. The same thought comes back at the sink, in the car, at two in the morning, and every time it seems a little bigger.

Peter doesn't tell us to stop worrying by trying harder. He tells us where to put the worry. Casting is a strong word. It means throwing something off you and onto someone else, the way you would drop a heavy bag into the arms of a friend who offered to take it.

And he gives the reason in five plain words: because he cares for you. Not because you have earned his attention, and not because your worries are finally serious enough. He cares, so you are allowed to hand them over.

You may have to do it more than once today. That's all right. Every time the worry comes back, you can throw it back to him.

PRAYER

Father, my mind won't rest. I give you the thing I keep turning over. Take it, hold it, and help me leave it with you, even if I have to give it to you again tonight. Amen.

TODAY

Each time the worry returns today, say quietly: "You care for me. I give this to you."

DEVOTION FOUR

When You've Drifted from God

"But while he was still far off, his father saw him, and was moved with compassion, and ran, and fell on his neck, and kissed him."

LUKE 15:20

Most people don't walk away from God in one decision. They drift. A busy season, a disappointment, a prayer that seemed to go unanswered, and one day you realize it has been a long time.

The son in this story had a speech ready. He had rehearsed exactly how sorry he would be and how little he would ask for. He never got to finish it.

His father saw him while he was still far off, which means he had been watching the road. And he ran, which a dignified older man in that culture did not do. Before there was any explanation, there was an embrace.

That is how God receives people who come back. You don't need to make up for the distance first. Turning around is enough. He is already on the road.

PRAYER

Father, I've been away longer than I meant to be. I don't have the right words, but I'm turning toward you. Thank you for running to meet me. Amen.

TODAY

Spend five minutes somewhere quiet and tell God honestly where you've been.

DEVOTION FIVE

When You Have Nothing Left to Give

"My grace is sufficient for you, for my power is made perfect in weakness."

2 CORINTHIANS 12:9

There are days when the well is simply dry. You've given your patience, your energy, your kindness, and there are still people who need you before the day is over.

Paul knew that feeling. He asked God three times to take away what was weakening him, and the answer was not the one he wanted. Instead, he heard this: my grace is sufficient for you.

Sufficient is a modest word. It doesn't promise you'll feel strong. It promises there will be enough. Enough grace for the next conversation, the next meal, the next hour.

Your weakness is not a sign that you've failed. It's the place where God's strength has room to work. You don't have to pretend to be full. You can come empty and receive.

PRAYER

Lord, I have nothing left today. I bring you my empty hands. Fill them with enough grace for what's in front of me, and let your strength show up where mine runs out. Amen.

TODAY

Let one thing go undone today without apologizing for it.

DEVOTION SIX

When the House Is Loud and Your Heart Is Tired

"Be still, and know that I am God."

PSALM 46:10

Some homes are never quiet. There are children, or a television that never goes off, or a person who needs care, or simply too many voices at once. Stillness can seem like something for other people.

The words of this psalm weren't written in a quiet place either. The verses around it speak of nations in uproar and the earth giving way. Be still was said in the middle of the noise, not after it ended.

Stillness, then, isn't only about the room. It's about the heart. It's the moment you stop trying to hold everything together and remember who is actually holding it.

You may only get thirty seconds: in the car before you go inside, at the sink, in the bathroom with the door closed. That is enough to be still and remember that he is God, and you are not required to be.

PRAYER

God, it's loud around me and loud inside me. For this moment, I stop. You are God. I don't have to hold everything. Quiet my heart, even if the house stays noisy. Amen.

TODAY

Find thirty seconds of stillness today. Close your eyes and breathe slowly three times.

DEVOTION SEVEN

When Prayer Feels Empty

"The Spirit also helps our weaknesses, for we don't know how to pray as we ought. But the Spirit himself makes intercession for us with groanings which can't be uttered."

ROMANS 8:26

Sometimes you sit down to pray and nothing comes. The words feel thin, or they stop halfway, or your mind wanders before you've said a sentence. It's easy to wonder whether you're doing it wrong.

Paul admits plainly that we don't know how to pray as we ought. That isn't a failure to fix. It's the normal condition of people who love God and are still learning.

And then he says something remarkable: the Spirit prays for us. When you don't have words, the Spirit carries your sighs, your silence and your unfinished sentences to the Father.

So you don't have to produce a good prayer. You can sit with God, say his name, or simply say help. It counts. Nothing that is offered honestly is wasted.

PRAYER

Holy Spirit, I don't know what to say. Pray for me where my words run out. I'm here, and that's what I have to give today. Amen.

TODAY

Pray the Lord's Prayer slowly, pausing after each line.

DEVOTION EIGHT

When You're Waiting

"Wait for the LORD. Be strong, and let your heart take courage. Yes, wait for the LORD."

PSALM 27:14

Waiting is one of the hardest parts of faith. Waiting for test results, for a prodigal to come home, for a door to open, for the grief to lift. The days go by and nothing seems to change.

David writes wait twice in one short verse, as if he knows we'll need to hear it again. And in between he says something surprising: be strong, take courage. Waiting, it turns out, is not passive. It takes courage to keep trusting when you can't see the answer yet.

Waiting on the Lord is different from simply waiting. It means you are waiting on someone, not just for something. He is present in the waiting room, not only at the end of it.

You don't have to know how long it will be. You only have to wait with him today.

PRAYER

Lord, I'm tired of waiting. Give me courage for today, and help me trust you with the timing I can't control. I'm waiting for you, and with you. Amen.

TODAY

Write down what you're waiting for. Next to it write: "Today, I wait with God."

DEVOTION NINE

When You Need to Forgive

"Bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do."

COLOSSIANS 3:13

Some hurts stay with you. You replay the conversation, the betrayal, the words that can't be taken back. Forgiveness can feel impossible, or even unfair.

Paul doesn't pretend that people won't give us reasons to complain. He assumes they will. But he points us back to where forgiveness starts: even as Christ forgave you.

Forgiving someone doesn't mean saying it didn't matter, or that you have to trust them again right away. It means you stop holding the debt against them and hand the matter to God, who judges fairly.

It's often a process, not a single moment. You may need to forgive again tomorrow when the memory returns. Each time, you're choosing to let God carry what you can't carry anymore.

PRAYER

Jesus, you forgave me more than I can measure. I don't feel ready, but I choose today to release this hurt into your hands. Help me keep choosing it. Amen.

TODAY

Say the person's name in prayer and ask God to bless them, even if it's hard.

DEVOTION TEN

When You Need Rest

"The LORD is my shepherd; I shall lack nothing. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

PSALM 23:1–3

Many of us know this psalm by heart, but it's easy to rush past one small phrase: he makes me lie down. Sheep don't lie down when they're anxious. They lie down when they feel safe.

The shepherd doesn't wait for the sheep to figure out how to rest. He leads them to the green pasture and the still water. Rest is something he gives, not something you have to earn.

Maybe you've been running for a long time. Maybe rest feels like a luxury, or even like laziness. But God made you to need it, and he offers it as a gift.

He restores my soul. Not just your body, your soul. Let him lead you somewhere quiet today, even for a little while.

PRAYER

Good Shepherd, I've been running too long. Lead me to green pastures and still waters. Restore my soul, and help me rest without guilt. Amen.

TODAY

Plan one restful thing for this week and put it on your calendar.

"Those who wait for the LORD will renew their strength. They will mount up with wings like eagles. They will run, and not be weary."

ISAIAH 40:31

Lord, when my strength runs out, renew it.

"The LORD is near to those who have a broken heart, and saves those who have a crushed spirit."

PSALM 34:18

Stay close to me in this. Hold what is broken.

cut along the dashed lines

"Peace I leave with you. My peace I give to you. Don't let your heart be troubled, neither let it be fearful."

JOHN 14:27

Jesus, give me your peace today.

"His compassion doesn't fail. They are new every morning. Great is your faithfulness."

LAMENTATIONS 3:22–23

Thank you for new mercies this morning.

"Cast your burden on the LORD, and he will sustain you."

PSALM 55:22

I give you this weight, Lord. Carry me.

"Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you."

ISAIAH 41:10

When I am afraid, remind me you are here.

cut along the dashed lines

"Where does my help come from? My help comes from the LORD, who made heaven and earth."

PSALM 121:1–2

Help me look up before I look around.

"The LORD, your God, is among you. He will calm you in his love. He will rejoice over you with singing."

ZEPHANIAH 3:17

Quiet my heart with your love.

"The LORD bless you, and keep you. The LORD make his face to shine on you, and be gracious to you. The LORD lift up his face toward you, and give you peace."

NUMBERS 6:24–26

Bless the people I love today.

"My soul rests in God alone."

PSALM 62:1

Let me stop striving and simply rest in you.

cut along the dashed lines

"Trust in the LORD with all your heart, and don't lean on your own understanding."

PROVERBS 3:5–6

I trust you with what I don't understand.

"Be strong and courageous. Don't be afraid. Don't be dismayed, for the LORD your God is with you wherever you go."

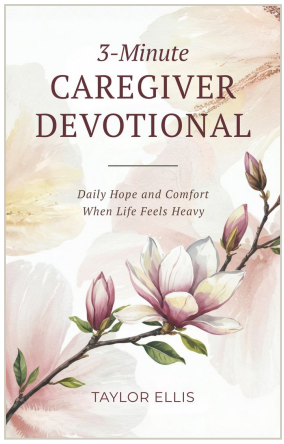
JOSHUA 1:9

Go with me into today. Make me brave.

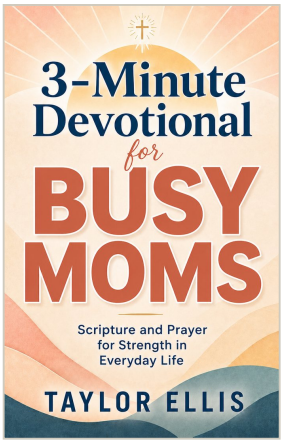
IF THESE PAGES HELPED

We hope these devotions gave you a little room to breathe. If you'd like to keep going, these books were written in the same spirit: short, honest, Scripture-first, and made for real life.

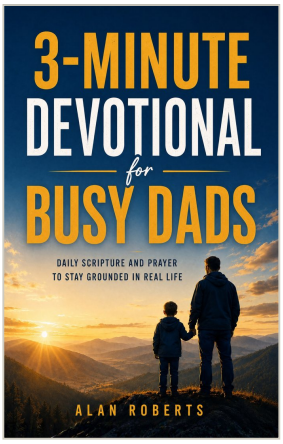
All of them are short, and all of them are easy to pick up again after a missed day, without guilt.



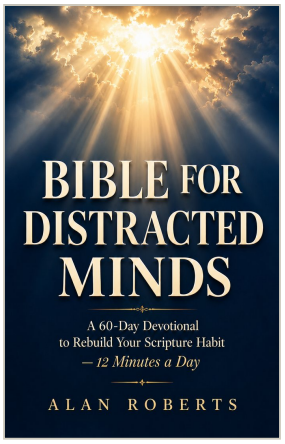
3-Minute Caregiver Devotional



3-Minute Devotional for Busy Moms



3-Minute Devotional for Busy Dads



Bible for Distracted Minds

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