

A Prayer For Rest

Father God,

I stand before You today—seen, known, and chosen. I come with joy and thanksgiving.

You are not the God of burnout, but a God of supernatural balance.

I honor you as my Creator, Father, and Friend.

I thank you for advocating for me all these years!

I renounce the idea of toil, burnout, and the obsession with struggle being my savior in hard times. I renounce self-neglect and every spirit that attempts to keep me bound to overworking, overthinking, and exhaustion.

I repent for thinking I had to figure it all out.

I repent for my family before me who chose to toil and move in their own strength.

I turn from that today and take hold of your yoke, which is easy, and your burden, which is always light.

Today, I release every invisible, ungodly weight I've carried.

I renounce the lie that I must do it all or I am not enough.

I break the covenant with striving and false responsibility.

I am not the savior of my family, my ministry, or my generation—You are.

Where others have been absent, You have been present.

Where others have remained silent, You have whispered wisdom.

I forgive those who have left me to clean what they helped make messy—

And I forgive myself for trying to earn love through labor.

I declare:

I will no longer break myself to prove I can complete another person's plan.

I will no longer abandon myself to preserve false peace.

I will not clean what others have dirtied as a way to prove my worth.

I honor the part I did well—and I bless the 90% I completed.

I bless the 50%.

I bless the 1%

It was enough. It was more than enough.

I proclaim with joy that rest comes from you, and rest bears great fruit in my life.

I proclaim that what you did for Esther, you have already done for me.

I am no longer bound to the busy village. I am a rested Queen.

I BREAK THE YOKE OF BONDAGE in Yeshua's Name.

I have the mental capacity, emotional bandwidth, and deep faith to HOLD SPACE for this divine gift you have given me. I declare **I am a rested woman. I am a rested woman. I am a rested woman.**

In Yeshua's name, Amen.



Next Step

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