PRAYER TO CARRY TODAY

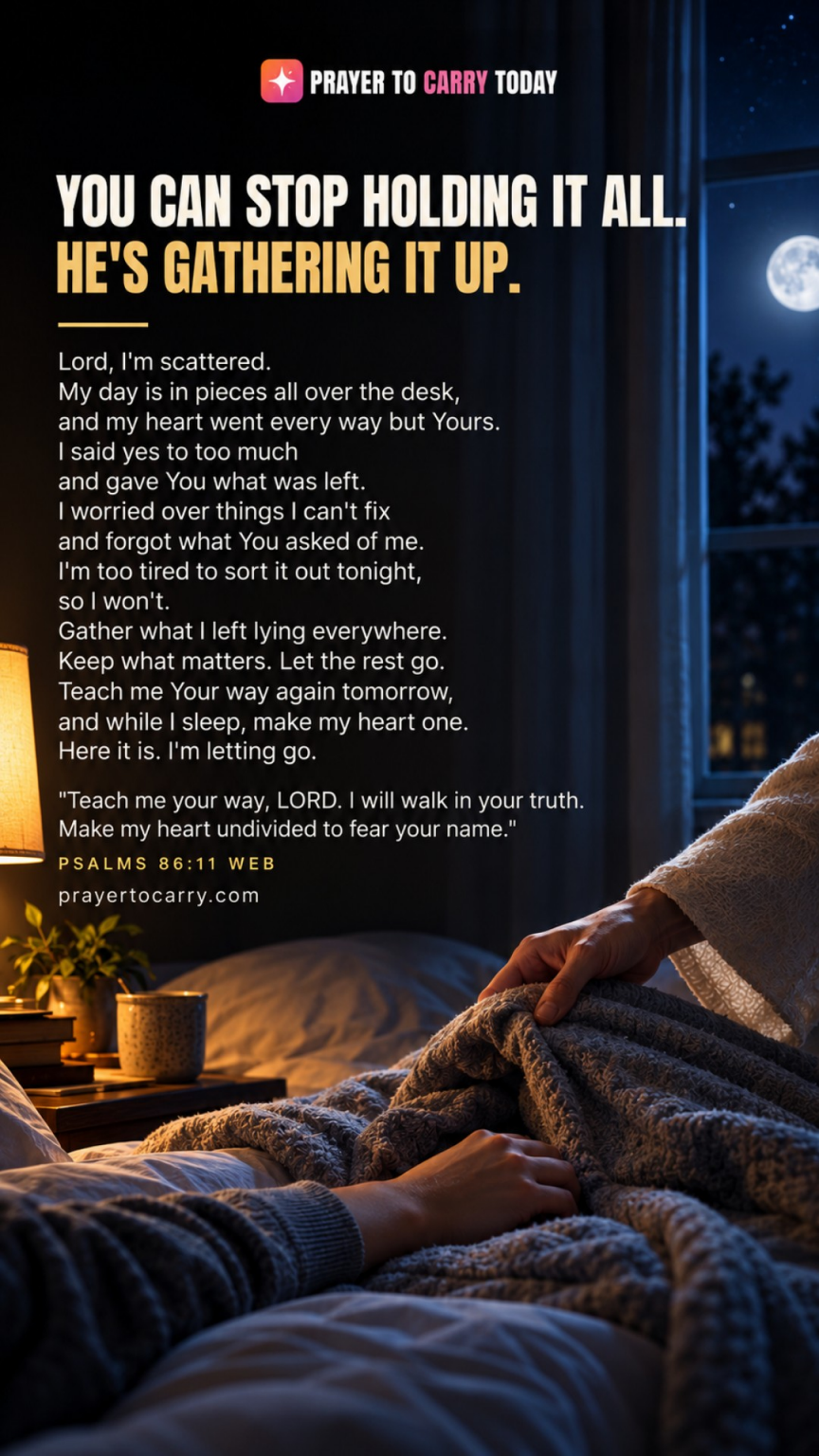
YOU CAN STOP HOLDING IT ALL. HE'S GATHERING IT UP.

Lord, I'm scattered.
My day is in pieces all over the desk,
and my heart went every way but Yours.
I said yes to too much
and gave You what was left.
I worried over things I can't fix
and forgot what You asked of me.
I'm too tired to sort it out tonight,
so I won't.
Gather what I left lying everywhere.
Keep what matters. Let the rest go.
Teach me Your way again tomorrow,
and while I sleep, make my heart one.
Here it is. I'm letting go.

"Teach me your way, LORD. I will walk in your truth.
Make my heart undivided to fear your name."

PSALMS 86:11 WEB

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PRAYER TO CARRY TODAY

LEAVE THE PAGES

At bedtime the day can follow you in pieces: the unanswered message, the task half done, the conversation you keep replaying, the worry about tomorrow you can't do anything about tonight. Your body is tired, but your heart is still pulled in every direction at once.

David asked God, “Make my heart undivided...” It's a request, not a task you have to finish before you're allowed to sleep. You don't have to gather every scattered piece yourself or settle every question tonight. The God who is God alone can hold all of it, and He doesn't sleep while you do.

Before you turn off the light, write down whatever is still pulling at you, one line each. Close the notebook and leave it on the table. Then lie down, and let Him keep it until morning.

PRAYER TO CARRY TODAY

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SCRIPTURE

Teach me your way, LORD. I will walk in your truth. Make my heart undivided to fear your name.

PSALMS 86:11 (WEB)

A PRAYER FOR TODAY

Lord, my head is still full and my heart is in pieces. Gather the scattered pages of today. I'm putting them down to sleep.

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