

DESTINY OF SUCCESS®

THE PRAYER COLLECTION

Prayer for the Woman

Carrying Too Much

A Scripture-Centered Prayer for Releasing
Pressure, Exhaustion, and Responsibility

Speak Life. Believe Bigger. Walk in Purpose.

AN INVITATION TO REST



“Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation].”



MATTHEW 11:28

AMPLIFIED BIBLE



You can lay it down.

You may be capable and still be tired. You may love people deeply and still need limits. This prayer offers language for bringing pressure to God without denying practical needs or replacing professional care.

Father, I come to You tired of holding everything together. You see the responsibilities I can name and the invisible weight I have normalized. I bring You the pressure, the unfinished tasks, the needs of people I love, and the fear that something will fall apart if I stop.

Show me what is truly mine to carry. Give me courage to release what belongs to another person, what belongs to a future day, and what was never assigned to me. Forgive me for the ways I have confused love with rescuing, faithfulness with overfunctioning, and rest with failure.

Meet me beneath the guilt that rises when I set a limit. Teach me that compassion can include honesty, that service can include wisdom, and that saying no can protect the yes You are actually asking of me.

I place the people I cannot fix into Your care. I release outcomes I cannot control. Help me offer support without taking responsibility for choices that are not mine. Give me discernment to know when to act, when to wait, when to ask for help, and when to step back.

Restore my body, mind, and spirit. Lead me toward sleep, nourishment, wise support, and rhythms that make room for Your peace. Where exhaustion has made everything feel urgent, quiet me. Where pressure has made me harsh with myself, meet me with grace.

Thank You that I do not have to earn Your nearness through depletion. I receive the invitation to come, to learn from You, and to rest. Help me carry today's responsibilities with open hands rather than a clenched heart. Amen.



Make room for rest.

WHAT AM I CARRYING?

List the responsibilities, expectations, people, decisions, and emotions taking up space in your mind. Mark each one: mine to carry, mine to share, mine to release, or unclear.

WHAT AM I RELEASING?

Write one responsibility to share, one expectation to release, and one form of support to request. Leave space to name what changes after you release it.

CLOSING CONFESSION

I am loved apart from how much I carry. I can serve with wisdom, receive support without shame, and release what God did not ask me to hold. Rest is not failure; it is part of faithful living.

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