

# A PRAYER FOR THE STRIVING HEART

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**Dear God,**  
All-Sufficient, All-Powerful One:

I lay down my hurry, my fury, my frenzy.  
I soak in Your grace; it renews and restores.

I hide in the shadow of Your unwavering wings.  
I steep in Your peace that passes all understanding.

Though I live in the land of "Not Quite Enough,"  
You are **Enough** for today and tomorrow.

You are in me. I am in You.  
I celebrate our wholeness together.

No more striving.  
No more straining.  
No more stressing.

I commit to walk in Your Word and Your ways.  
Come set the pace.  
Come make me brave.

With peace in my right hand, and trust in my left,  
I let go of striving, and enter Your rest.

In Jesus name, identity,  
and character I pray,  
AMEN.