

Prayer Title: Prayer for Fatigue

Opening	
<p>Thanksgiving</p> <ul style="list-style-type: none"> • <i>Thank the Father for who He is.</i> • <i>Thank the Father for another opportunity to meet with Him in prayer</i> • <i>Address him as Father, not as God.</i> 	<p>Dear Heavenly Father, thank you for a chance to come before You this day.</p>
<p>Praise</p> <ul style="list-style-type: none"> • <i>Praise the Father for what he has done</i> • <i>Sing a song of praise</i> 	<p>Lord I praise You for being my strong tower, my refuge and my strength. You have kept me all my life and been there for me. I can't thank You enough for all Your many blessings.</p>

<p>Forgiveness</p> <ul style="list-style-type: none"> • <i>Ask the Father for forgiveness of your sin.</i> • <i>Explain what you assume your most recent sins have been.</i> • <i>Thank God that the sacrifice of Jesus Christ has blotted out your transgressions</i> • <i>Promise to repent (not commit the same sin over and over again)</i> • <i>If you have wronged someone else, schedule time to ask for their forgiveness</i> • <i>If you are married, but you are involved in an argument with your spouse, stop and ask your spouse to forgive you so that your prayer won't be hindered</i> • <i>If someone else has hurt you or said something about you falsely, state that you will forgive them</i> 	<p>Father, please forgive me of my sins and cleanse me and make me new. Renew a right spirit within me. If I have done or said anything to offend anyone, reveal it to me. Forgive me and give me an opportunity to ask them for forgiveness.</p> <p>If anyone has offended me, especially those closest to me, I forgive them now and release all hurt, bitterness, and anger I may have felt towards them. Lord, I don't want unforgiveness to be a stumbling block.</p>
<p>Your Case</p>	
<p>Statement</p> <ul style="list-style-type: none"> • <i>Explain the problem or issue.</i> • <i>State the steps that you've taken to resolve the issue in accordance with the Word of God.</i> 	<p>Father, today I am feeling very tired. I am so tired I am experiencing fatigue. I am physically and mentally drained. I've tried resting but the rest just doesn't seem to be enough.</p>
<p>Evidence</p> <ul style="list-style-type: none"> • <i>Provide proof that the problem or issue is occurring.</i> • <i>Provide up to three pieces of evidence</i> 	<p>I am starting to get agitated easily. I can see how this fatigue is affecting my overall health in a negative way. I can see how it is hurting my relationships and negatively impacting my work. Most importantly it is keeping me from fulfilling my purpose. You created me to give you glory and praise. You put dreams and assignments in my heart. But this tiredness is keeping me from fulfilling that purpose, living out those dreams, and completing those assignments.</p>

<p>Confession</p> <ul style="list-style-type: none">• <i>Say what the Word of God says about your situation</i>• <i>Say two to three scriptures that include promises God made to you as a believer</i>• <i>Say two to three scriptures that include covenant rights you have as a child of God and citizen of the heavenly kingdom of God</i>	<p>Your word says that Your joy is my strength.</p> <p>You Word says that I can come to You when I feel weary and You will give me rest.</p> <p>Your Word says that if I wait on you, You will renew my strength and I will mount up on wings as eagles, I will run and not be weary, I will walk and not faint.</p> <p>Your Word declares that when I lie down my sleep will be sweet and You will make me dwell in safety.</p> <p>Your Word declares that I can cast all my care on You because Your care for me.</p> <p>Your Word declares that I shouldn't give up when doing well or grow weary because in due season I will reap.</p> <p>Your Word says that I can do all things through Jesus Christ who strengthens me.</p>
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<p>Request</p> <ul style="list-style-type: none"> • <i>Ask the Father to move on your behalf, but don't tell him how to do it.</i> • <i>Provide two or three examples of how God moved on the behalf of people in the Bible that experienced a similar problem</i> • <i>Ask the Father to show you other actions you can take now to be the change you want to see</i> • <i>Ask God to assign his angels to help accomplish what it is you are praying about</i> • <i>If necessary bind the adversary and his principalities that are at work behind the scenes causing chaos</i> • <i>Ask the Holy Spirit to reveal to you additional steps you can take to resolve the issue</i> 	<p>Lord, I am tired and worn down. Please renew my strength, calm my mind, and give me rest. Help me carry what is mine to carry and surrender what is not. Fill me with Your peace and strength for today.</p> <p>Lord teach me how to make Your joy my strength. As David sang songs and gave you praise in times of draining seasons, teach me to keep a song in my Spirit and praise on my lips.</p> <p>Lord, give me wisdom on ways I can change my schedule so that I am not spread to thin and so I have time to honor Your Sabbath day of rest by resting from my labor. Help me to enter Your rest and Your peace.</p> <p>Lord, help me to not get weary in well doing. Help me to remind myself as Paul did that Your grace is sufficient for me.</p> <p>Give me moments in my day when I can break away and pray and commune with Your precious Holy Spirit so I can strengthen myself as Jesus did so many times when he broke away from the crowds and the disciples to pray.</p> <p>In You I live move and have my being and in Your presence there is joy, there is peace, and You give me sweet and undisturbed rest for my body, mind, and soul.</p> <p>I lay aside every burden and heavy weight in my life. I surrender everything I've been trying to fix with more of my energy and more labor. I give it all to You. Lord, You carry it because You said You would.</p> <p>I ask that you would allow Your Holy Spirit to reveal to me other ways that I can overcome weariness.</p> <p>What the enemy had planned to make me worn out, stressed out and weak – may it only make me a better worshipper, a stronger prayer warrior, and may it increase my faith!</p>
<p>Closing</p>	

<p>Thanksgiving</p> <ul style="list-style-type: none"> • <i>Thank the Father in advance for his answer to your issue/problem</i> • <i>Use a name of God that relates to your plea. (Example: Jehovah Jireh)</i> 	<p>Thank You Father for rest. Thank you Father for Your Sabbath. Thank You Father for taking all my burdens and cares. Thank You Father for handling it! I rest in You.</p> <p>I love you and I have joy in my heart and praise on my lips. You are Jehovah Jireh, no only do You give provision, but You also give sweet rest. You are Jehovah Shalom, you give a peace that cannot be comprehended. Thank You for Your provision. Thank You for supplying everything I need physically, mentally, and emotionally. Thank you for Your peace.</p>
<p>Wait</p> <ul style="list-style-type: none"> • <i>Wait patiently and silently for a few moments.</i> • <i>Meditate on the answer.</i> • <i>Visualize your situation being resolved.</i> • <i>Remind yourself that the problem or issue is temporary and fleeting.</i> 	

Scripture References

Provide 3 to 5 scripture references to support your confession (promises, covenants, rights as a citizen of kingdom of heaven)

Scripture Location	Text Notes
Matthew 11:28-29:	"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls".
Exodus 33:14	"The Lord replied, 'My Presence will go with you, and I will give you rest'".
Jeremiah 31:25	"I will refresh the weary and satisfy the faint"
Isaiah 40:29-31	29 He giveth power to the faint; and to them that have no might he increaseth strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall: 31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.
Psalms 73:26	"My flesh and my heart may fail, but God is the strength of my heart and my portion forever"
Psalms 4:8	"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety".
Proverbs 3:24	"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet"
Psalms 28:7	"The Lord is my strength and my shield; in him my heart trusts."
2 Corinthians 12:9	"My grace is sufficient for you, for my power is made perfect in weakness."
1 Peter 5:6-7	⁶ Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: ⁷ Casting all your care upon him; for he careth for you.
Psalms 46:10	"Be still, and know that I am God."
Philippians 4:6-7	6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

	7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
Galatians 6:9	“Let us not grow weary of doing good, for in due season we will reap, if we do not give up.”
Philippians 4:13	“I can do all things through him who strengthens me.”
Nehemiah 8:10	“The joy of the Lord is your strength.”

Provide 3 to 5 scripture references of examples of how the Father moved on the behalf of other people in the Bible that experienced a similar problem/issue.

Scripture Location	Text
1 Kings 19:1-8	<p>Elijah — Exhausted and Burned Out After confronting the prophets of Baal, Elijah became overwhelmed, afraid, and wanted to die.</p> <p>How God helped him:</p> <ul style="list-style-type: none"> • God let him rest instead of rebuking him. • An angel brought him food and water twice. • God strengthened him for the journey ahead. • God later spoke to him gently in a “still small voice.” <p>Scripture: 1 Kings 19:1–18 “Arise and eat, for the journey is too great for you.” — 1 Kings 19:7</p> <p>This is one of the clearest biblical examples that physical rest, nourishment, and God’s presence matter during exhaustion.</p>
Numbers 11:10–17	<p>Moses — Overwhelmed by Responsibility Moses became emotionally exhausted leading Israel and told God the burden felt too heavy.</p> <p>How God helped him:</p> <ul style="list-style-type: none"> • God listened to his frustration. • God shared the leadership burden with 70 elders. • God provided help instead of expecting Moses to carry everything alone. <p>Scripture: Numbers 11:10–17 “I will take some of the Spirit that is on you and put it on them.” — Numbers 11:17</p> <p>God responded to exhaustion by providing community and support.</p>
1 Samuel 30:6	<p>David — Strengthened Himself in God David faced grief, pressure, betrayal, and fear when even his own men spoke of turning against him.</p> <p>How God helped him:</p> <ul style="list-style-type: none"> • God became David’s refuge repeatedly throughout the Psalms.

	<ul style="list-style-type: none"> • David learned to worship and pray honestly through exhaustion and despair. <p>Scripture: 1 Samuel 30:6 “But David strengthened himself in the Lord his God.” Many Psalms were written during emotionally draining seasons.</p>
<p>Mark 6:31</p>	<p>Jesus — Rested During Ministry Even Jesus, while serving constantly, intentionally rested.</p> <p>How God showed this example:</p> <ul style="list-style-type: none"> • Jesus slept during storms. • He withdrew to lonely places to pray. • He invited the disciples to rest after intense ministry. <p>Scripture: Mark 6:31 “Come away by yourselves to a desolate place and rest a while.” God does not glorify nonstop exhaustion.</p>
<p>Genesis 16 and Genesis 21</p>	<p>Hagar — Seen in the Wilderness Hagar fled into the wilderness exhausted, afraid, and alone.</p> <p>How God helped her:</p> <ul style="list-style-type: none"> • God met her in the desert. • He spoke comfort and direction to her. • He provided water and hope for her future. <p>Scripture: Genesis 16 and Genesis 21 “You are the God who sees me.” — Genesis 16:13 God sees people who feel forgotten and depleted.</p>
<p>2 Corinthians 12:9</p>	<p>Paul the Apostle — Strength in Weakness Paul experienced physical hardship, persecution, imprisonment, and ongoing weakness.</p> <p>How God helped him:</p> <ul style="list-style-type: none"> • God reminded him that grace was enough. • Paul learned dependence on God rather than self-strength. <p>Scripture: 2 Corinthians 12:9 “My grace is sufficient for you, for my power is made perfect in weakness.”</p>
	<p>God established Sabbath rest as part of healthy living and trust in Him.</p>