

# **Devotional: “When the Load Is Too Heavy” Day Four**

## **Running Out of Gas**

**Scripture Focus: Isaiah 40:29 – “He gives power to the faint, and to him who has no might he increases strength.” (ESV)**

### **Carrying Heavy Loads**

We may not always realize it, but the heavier the load we’re carrying, the more fuel we burn. Whether it’s a packed schedule, the weight of caring for others, grief we haven’t named, or responsibilities we can’t share — it all adds up. The burden may not be wrong, but it does require more energy, more time, more rest.

Sometimes we look around and wonder why we feel so drained when others seem to be managing fine. But we don’t know the weight in their trailer — we only know the strain on our own engine. And God does, too.

### **We Believe Limits Don’t Apply to Us**

Then there are moments when we start believing that we don’t have limits. That’s pride, even if it’s dressed in responsibility or disguised as faithfulness. We act like the gas gauge doesn’t apply to us. We convince ourselves we can run full speed without Sabbath, prayer, worship, or community. But the truth always catches up with us. Burnout isn’t a moral failure — it’s often the result of living like we’re the source instead of the servant.

Isaiah 40 is clear: Even the strongest get tired. Even the young stumble. But the promise is for those who admit they’re faint — who wait on the Lord instead of pushing forward in pride. He gives strength to those who stop and ask. He refuels those who are honest about being empty. If you are feeling empty like I am today, it’s time to refocus and let’s stop pretending we’re fine. Let’s stop acting like we’re superhuman. Our tank has limits. But God’s strength doesn’t.

**Three words we are focusing on this week: Stop. Rest. Refuel**

## **Prayer**

God, sometimes we carry more than we should. Other times, we carry what You've given us, but we forget to rest in You. Help us notice when we're running low. Remind us that Your grace meets us in our limits, not after them. We lay down pride and pick up dependence. Give us the strength we need for the load we carry today. In Jesus Name We Pray, Amen.

## **Discussion Questions**

- What “load” are you currently carrying that’s needing more from you than usual?
- In what ways have you tried to push past your own limits?
- Can you name moments when pride kept you from resting, asking for help, or being honest about your needs?
- How does God’s promise to “increase strength” speak to your current season?
- What does trusting God with your limits look like this week?