

LITANY OF THE TIRED HEART

Lord, I'm tired of providing for myself. Come to Me and I will give you rest.

Lord, I'm tired of trying to be seen. Come to Me and I will give you rest.

Lord, I'm tired of worrying how I'm seen. Come to Me and I will give you rest.

Lord, I'm tired of being self-reliant. Come to Me and I will give you rest.

Lord, I'm tired of being hypervigilant. Come to Me and I will give you rest.

Lord, I'm tired of being distrustful and suspicious. Come to Me and I will give you rest.

Lord, I'm tired of protecting myself. Come to Me and I will give you rest.

Lord, I'm tired of grasping for control. Come to Me and I will give you rest.

Lord, I'm tired of grasping for security. Come to Me and I will give you rest.

Lord, I'm tired of pleasing others to earn love. Come to Me and I will give you rest.

Lord, I'm tired of paralyzing anxiety. Come to Me and I will give you rest.

Lord, I'm tired of doubting my goodness. Come to Me and I will give you rest.

Lord, I'm tired of fearing my greatness. Come to Me and I will give you rest.

Lord, I'm tired of denying my littleness. Come to Me and I will give you rest.

Lord, I'm tired of trying to prove myself. Come to Me and I will give you rest.

Lord, I'm tired of guarding my heart. Come to Me and I will give you rest.

Lord, I'm tired of running from you. Come to Me and I will give you rest.

Lord, I'm tired of managing my pain. Come to Me and I will give you rest.

Lord, I'm tired of doubting Your goodness. Come to Me and I will give you rest.

Lord, I'm tired of trying to fill myself. Come to Me and I will give you rest.

Lord, I'm tired of trying to fix myself. Come to Me and I will give you rest.

Lord, I'm tired of fighting. Come to Me and I will give you rest.

Lord, I'm tired of perfectionism. Come to Me and I will give you rest.

That you desire to provide for me, Jesus, I trust in You.

That you will provide for me, Jesus, I trust in You.

That you delight and cherish me, Jesus, I trust in You.

That you chose me, Jesus, I trust in You.

That you will fight for me, Jesus, I trust in You.

That you will protect me, Jesus, I trust in You.

That you will guard my heart, Jesus, I trust in You.

That you will heal my heart, Jesus, I trust in You.

That you see me, Jesus, I trust in You.

That you know me, Jesus, I trust in You.

That you love me, Jesus, I trust in You.

That I don't have to earn love, Jesus, I trust in You.

That you are good, Jesus, I trust in You.

That you created me good, Jesus, I trust in You.

That you have a plan for my life, Jesus, I trust in You.

That you delight for me to share in your mission, Jesus, I trust in You.

That I am precious to you, Jesus, I trust in You.

That you find me beautiful, Jesus, I trust in You.

That you love me completely, personally, passionately, and forever, Jesus, I trust in You.