

Burnout: A Prayer to Help you Walk in the Spirit

Dear Lord,

1: Please help me to see what I **cannot see** ([Hebrews 11:27](#)). To know what I do not understand ([1 Corinthians 2:14](#)). To sense what I need to perceive to keep in step with your Spirit ([Galatians 5:25](#)). Help me not to become hard-hearted ([Hebrews 3:7](#)). I do not want a desensitized conscience ([Romans 2:14-15](#)).

2: I need the Spirit to illuminate my mind ([1 Thessalonians 5:19](#)). Bring **conviction** to those areas that are dull to me ([Hebrews 5:12-14](#)). Keep me back from violating my conscience ([Hebrews 4:7-8](#)). Send merciful encouragements that motivate me ([Romans 2:4](#)) to turn from any evil way ([Jeremiah 25:5](#)), no matter how small they may appear to me.

3: Keep me from justifying actions that grieve the Spirit ([Ephesians 4:30](#)). I don't want to fall into the rationalization trap ([Isaiah 5:21](#)). Remove all blaming from my thought life ([Genesis 3:13](#); [2 Corinthians 10:3-6](#)). I am not a helpless victim ([John 16:33](#)). Fallen, but not unable to change ([Romans 5:12](#)). Attacked, but not without hope ([2 Corinthians 4:8-9](#)).

4: I am asking you to do what you promised to those who seek you ([Philippians 1:6](#); [James 4:6](#); [1 Corinthians 1:8-9](#)). I'm appealing to you ([Philippians 4:6](#)). I need you right now and every future moment of my life ([Philippians 4:19](#)).

5: I **trust you** and your judgments ([Psalm 119:66](#)). I know you'll deal judicially with me ([1 John 1:9](#)). I also know that I cannot trust myself without you ([Jeremiah 17:9](#)). You are my heart treasure and comforting guide ([Matthew 6:21](#); [John 17:17](#), [16:13](#)). I don't want to quench that relationship.

6: Keeping in step with your Spirit will give me direction ([Proverbs 3:5-6](#)). You are my only lifeline ([Colossians 3:3](#)). There are no other options ([Deuteronomy 30:19](#)). Your Word will save me from those things that interfere with the Christlike life you offer ([Psalm 119:11](#), [105](#); [2 Timothy 3:16-17](#)). Teach me to say no to sin ([Titus 2:12](#)). This response to evil can happen if you give me your illuminating Comforter to shine His light on what is right and wrong ([Romans 8:26-27](#); [Galatians 5:18](#)).

7: May the voice of the Spirit and my **inner voice** be in harmony ([Romans 5:1](#)). I don't want a weak, soft, or hard conscience ([1 Corinthians 8:7](#); [1 Timothy 4:2](#)). I want a biblically-informed one that is affirmed moment by moment by the illuminating voice of the Spirit ([John 16:13](#)).

8: Being tuned to any other thing will defame you, bring harm to me while separating me from my brothers and sisters ([Isaiah 59:2](#); [Ephesians 2:14](#)). It will take courage to hear what you say and respond in biblical ways ([Mark 5:36](#); [2 Timothy 1:7](#); [1 Corinthians 16:13](#)). And that is the crux (cross) of the matter ([John 3:14](#), [3:30](#), [12:32](#)).

9: I don't want to be a hearer of your Words, but not a doer of them ([James 1:22](#)). I need your unmerited favor ([Ephesians 2:8](#)) to convince and empower me to respond to what I know to be true from you. Please don't give up on me ([Psalm 121:7](#)). Give me **persevering grace** ([Romans 5:4](#)).

10: Please help me to move forward with the knowledge you give me ([2 Timothy 3:7](#); [2 Peter 1:3-4](#)), working it out ([Philippians 2:12-13](#)) in practical ways that continue to transform me ([Romans 12:1-2](#)) and my relationships ([1 Corinthians 12:25](#))

1. What two takeaways stuck out to you as you read this prayer?
2. How did the Spirit of God convict you as you read it?
3. If you sensed His conviction, what is your plan to change?
4. Will you write out a prayer, perhaps using parts of this, or adapt this one and make it yours?
5. Will you share this prayer with a friend, asking their opinion, telling them about your takeaways, and engaging in further discussion?