

*At the Counter -
When You Feel Spiritually Tired*

“Taste and see that the
Lord is good; blessed
is the one who takes
refuge in him.”

Psalm 34:8



Counter Care Recipes: Soul Care Cards

Awareness

Where am I stretched too thin
right now?

“Search me, O God, and know my heart...”
Psalm 139:23



From Laura's Counter

Counter Prayer Practice

Awareness

Not where you should be stronger.
Not what needs fixing.

Just... what's true.

Let that be enough for this moment.



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Counter Care Recipes: Soul Care Cards

Permission

What am I carrying that isn't
mine to hold alone?

“Carry each other's burdens...”
Galatians 6:2



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Counter Prayer Practice

Permission

You were never meant
to carry everything by yourself.

Even if you've been doing it
for a long time.

You can set something down.



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Counter Care Recipes: Soul Care Cards

Edge Awareness

What does “the edge” feel like in
my life right now?

“Why, my soul, are you downcast? Why so disturbed
within me?” Psalm 42:11



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Counter Prayer Practice

Edge Awareness

Tension.
Irritability.
Numbness.
Pressure.
Maybe even silence.

Naming it doesn't make you weaker.
It helps you see where you are.



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Gentle Truth

Can I be honest about how tired
I am?

The Lord is near to the brokenhearted...
Psalm 34:18



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Counter Prayer Practice

Gentle Truth

You don't have to prove strength
by staying quiet.

Honesty is not failure.
It's the beginning of care.

God is not put off by your truth.



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Holding Line

I may be at the edge...

“Underneath are the everlasting arms.”
Deuteronomy 33:27



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Counter Prayer Practice

Holding Line

...but I am not alone there.

Even here—
in the tension,

in the tiredness—
I am still held.



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Regulation

What would help me feel just a little more steady right now?

“Be still, and know that I am God.”
Psalm 46:10



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Counter Prayer Practice

Regulation

A breath.

A pause.

A moment of quiet.

You don't have to fix everything.

Just find one small way
to come back to yourself.



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