

What to Do When You Feel Spiritually Exhausted

A Gentle Guide for Weary Souls

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Welcome

There are seasons when your body isn't the only thing that's tired.

Your soul feels it too.

You're still showing up.
Still doing what needs to be done.

But inside... something feels worn down.

Stretched thin.

Quiet in a way you don't quite know how to explain.

If that's where you are...
you're not alone.

This guide isn't here to fix you.

It's here to sit with you...
and gently help you take one small step at a time.

Pull up a chair.

What Spiritual Exhaustion Can Feel Like

Spiritual exhaustion doesn't always look dramatic.

Sometimes it looks like:

- Feeling distant from God... even when you're trying
- Struggling to pray, or not knowing what to say
- Feeling overwhelmed by everything you're carrying
- Irritability, numbness, or emotional fatigue
- Wondering if you're doing something wrong

It's not a failure of faith.

It's often a sign that you've been carrying too much for too long.

Start Here (Before You Try to Fix Anything)

Before you add another practice...
before you try to “get back on track”...

Pause.

Take a slow breath.

And ask:

 **Where do I feel stretched too thin right now?**

Not what needs fixing.

Not what you *should* be doing.

Just... what's true.

Let that be enough for this moment.

3 Gentle Ways to Begin Again

Not big steps. Just small ones.

1. Name What You're Carrying

Instead of saying "I'm just tired"...
try naming what's underneath.

Even one honest word matters.

2. Lower the Pressure

You don't need to "perform" your faith right now.

A quiet breath.

A simple "God, I'm here"...
is enough.

3. Let Someone In

Spiritual exhaustion often grows in isolation.

You don't have to explain everything.

Just don't carry it alone.

When God Feels Quiet

There are seasons when God doesn't feel close.

Not because He's gone...
but because you're tired.

Silence isn't absence.

Sometimes it's space to rest
without expectation.

Even here...
you are still held.

Gentle Reflection Prompts

- What has been draining me the most lately?
- Where do I feel pressure I can't sustain?
- What do I need more of right now—rest, support, space, honesty?
- What would it look like to be gentle with myself today?

You don't have to answer all of these.

Just sit with one.

Soul Pause Prompts

Soul Pause

Take a breath before you begin.

You don't have to answer everything.

Just notice what gently rises.

Prompts

- Where am I carrying more than I was meant to carry alone?
- What has been quietly draining me... even if I haven't said it out loud?
- When do I feel most spiritually tired? What's usually happening around me?
- What do I wish I had permission to step back from?
- What would "gentle" look like for me this week?
- If I could say one honest thing to God right now... what would it be?

Truth to Hold Onto

You are not failing.

You are tired.

There is a difference.

And tired things don't need pressure.
They need care.

Closing Blessing

May you be honest about your limits.

May you release what was never yours to carry alone.

And may you discover that even in your most exhausted places...

God meets you with gentleness, not expectation.

You are not alone at the edge.

Pull up a chair.

If you need a gentle place to keep breathing, reflecting, and reconnecting with God in everyday life, you're always welcome at the counter.

 [*At the Counter with the Baking Pastor*](#)

 [Soul Pause reflections & resources](#)

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