

WHEN CHURCH FEELS HEAVY



to Renew Your Strength
by Cledra Gross

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INTRODUCTION

You may feel tempted to read all 28 of these reflections at once.
If you do, there is no failure in that.

But my prayer for you is that you would receive these slowly.
If possible, read **one Scripture and prayer in the morning**, and return to the **same one in the evening**.

Allow the Word to settle.
Let the Lord meditate and minister to your soul.

These prayers are not meant to push you forward or ask more of you.
They are simply an invitation to pause, breathe, and receive strength from God —
again and again.

Know that I am praying this guide will be a source of renewal for you.
That it will meet you gently.

And that it will remind you that your faithfulness is seen.

God bless you.

Cledra Gross

Day 1

Scripture

“

*The eyes of the Lord are in every place, keeping watch on the evil and the good.
— Proverbs 15:3 (NKJV)*

”

Prayer

Lord, remind me today that nothing I do in faithfulness is unseen.

When my service feels quiet or overlooked, help me rest in the truth that You see fully and love deeply.

Amen.

Day 2

Scripture

“

He gives power to the weak, and to those who have no might He increases strength. — Isaiah 40:29 (NKJV)

”

Prayer

God, I confess my weariness.

I ask You not for borrowed strength, but for strength that comes from You alone. Meet me where I am today.

Amen.

Day 3

Scripture

“

Moreover it is required in stewards that one be found faithful.
— 1 Corinthians 4:2 (NKJV)

”

Prayer

Lord, release me from measuring my worth by results.

Teach me to trust that faithfulness itself is precious to You.

Amen.

Day 4

Scripture

“

Cast your burden on the Lord, and He shall sustain you.
— Psalm 55:22 (NKJV)

”

Prayer

Father, I bring You the weight I've been carrying—spoken and unspoken.

Sustain me where I feel stretched thin.

Amen.

Day 5

Scripture

“

Come aside by yourselves to a deserted place and rest a while.
— Mark 6:31 (NKJV)

”

Prayer

Jesus, help me receive rest as obedience, not weakness.

Teach me to pause and trust You with what remains undone.

Amen.

Day 6

Scripture

“

Whatever you do, do it heartily, as to the Lord and not to men.
— Colossians 3:23 (NKJV)

”

Prayer

Lord, anchor my service in You alone.

Free me from needing affirmation to continue obeying.

Amen.

Day 7

Scripture

“

*In Your presence is fullness of joy.
— Psalm 16:11 (NKJV)*

”

Prayer

God, draw me back to Your presence.

Restore joy where it has quietly faded.

Amen.

Day 8

Scripture

“

*Even to your old age, I am He... I will carry you.
— Isaiah 46:4 (NKJV)*

”

Prayer

Lord, remind me that I am not alone in this calling.

Carry me today where I feel unable to carry myself.

Amen.

Day 9

Scripture

“

My grace is sufficient for you.
— 2 Corinthians 12:9 (NKJV)

”

Prayer

Father, help me trust that today's grace is enough for today's demands.

I receive it now.

Amen.

Day 10

Scripture

“

Let us not grow weary while doing good.
— Galatians 6:9 (NKJV)

”

Prayer

Lord, strengthen my heart when enthusiasm fades.

Help me remain steady even when feelings fluctuate.

Amen.

Day 11

Scripture

“

*The Lord is my shepherd; I shall not want.
— Psalm 23:1 (NKJV)*

”

Prayer

Shepherd of my soul, lead me beside still waters today.

Restore what feels depleted.

Amen.

Day 12

Scripture

“

*I will never leave you nor forsake you.
— Hebrews 13:5 (NKJV)*

”

Prayer

God, when leadership feels lonely, anchor me in Your nearness.

Help me feel Your steady presence today.

Amen.

Day 13

Scripture

“

The Lord upholds all who fall.
— Psalm 145:14 (NKJV)

”

Prayer

Lord, uphold me where I feel like I'm barely holding on.

Thank You for sustaining me even now.

Amen.

Day 14

Scripture

“

The peace of God... will guard your hearts and minds.
— Philippians 4:7 (NKJV)

”

Prayer

God, guard my heart and mind today.

Replace anxiety with Your peace.

Amen.

Day 15

Scripture

“

*The Lord is the strength of my life.
— Psalm 27:1 (NKJV)*

”

Prayer

Lord, I stop striving for self-generated strength.

I choose to lean fully into Yours.

Amen.

Day 16

Scripture

“

*Your labor is not in vain in the Lord.
— 1 Corinthians 15:58 (NKJV)*

”

Prayer

Father, remind me that nothing done in love is wasted.

Renew my confidence in Your purposes.

Amen.

Day 17

Scripture

“

The Lord is near to those who have a broken heart.
— Psalm 34:18 (NKJV)

”

Prayer

God, draw near to the tender places in me today.

Heal what feels quietly wounded.

Amen.

Day 18

Scripture

“

Trust in the Lord with all your heart.
— Proverbs 3:5 (NKJV)

”

Prayer

Lord, help me trust You beyond what I understand.

I place my confidence in You again today.

Amen.

Day 19

Scripture

“

*He restores my soul.
— Psalm 23:3 (NKJV)*

”

Prayer

Restore my soul, Lord.

Breathe life into places that feel tired and worn.

Amen.

Day 20

Scripture

“

*My yoke is easy and My burden is light.
— Matthew 11:30 (NKJV)*

”

Prayer

Jesus, show me what to release today.

Help me carry only what You ask of me.

Amen.

Day 21

Scripture

“

Your Father who sees in secret will Himself reward you.
— Matthew 6:4 (NKJV)

”

Prayer

Lord, help me trust You with outcomes.

I choose faithfulness over visibility.

Amen.

Day 22

Scripture

“

Those who wait on the Lord shall renew their strength.
— Isaiah 40:31 (NKJV)

”

Prayer

God, teach me to wait without losing heart.

Renew my strength as I trust Your timing.

Amen.

Day 23

Scripture

“

*Not by might nor by power, but by My Spirit.
— Zechariah 4:6 (NKJV)*

”

Prayer

Holy Spirit, work through me beyond my limitations.

I depend on You today.

Amen.

Day 24

Scripture

“

*He who calls you is faithful.
— 1 Thessalonians 5:24 (NKJV)*

”

Prayer

Lord, remind me that You are faithful to complete what You have called me to do.

Amen.

Day 25

Scripture

“

*The Lord will give strength to His people.
— Psalm 29:11 (NKJV)*

”

Prayer

God, replenish me emotionally and spiritually.

Pour into me as I pour into others.

Amen.

Day 26

Scripture

“

*He knows our frame; He remembers that we are dust.
— Psalm 103:14 (NKJV)*

”

Prayer

Father, thank You for understanding my humanity.

Help me lead myself with grace.

Amen.

Day 27

Scripture

“

Weeping may endure for a night, but joy comes in the morning.
— Psalm 30:5 (NKJV)

”

Prayer

Lord, help me trust that renewal is coming.

Carry me through today with hope.

Amen.

Day 28

Scripture

“

The Lord bless you and keep you.
— Numbers 6:24 (NKJV)

”

Prayer

God, thank You for sustaining me through these days.

Bless me, keep me, and renew me as I continue to serve You faithfully.

Amen.

CLOSING BENEDICTION

A Blessing for the Faithful

May the Lord bless you and keep you.
May He strengthen you where you are weary
and restore you where you have been pouring out.

May God remind you that your faithfulness matters,
your service is seen,
and your obedience bears fruit in ways you may never fully know.

May you continue to tend the vineyard entrusted to you
with renewed strength, quiet confidence, and deep peace.

Amen.

**With prayer,
Cledra Gross**