



## **When our Burden Seems too Heavy**

When our burdens seem too heavy, we come to You, O God, for Your gracious help. You dwell within our hearts, You feel our distress, You know our pain, and how burdened we are. Give us strength to bear our burdens with courage, wisdom, and grace. Help us to be true to our better selves, to discern our real work in life, and to do it with all our might.

When we struggle within our own hearts, stay by our side. Then shall we be able to say with the Prophet Isaiah "Those who hold fast to the Eternal shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint."

May the ties that bind us to family and friends make life rich in meaning for us, and may we live each day supported by You. Amen.

*-Adapted from: On the Doorposts of Your House, CCAR Press*