

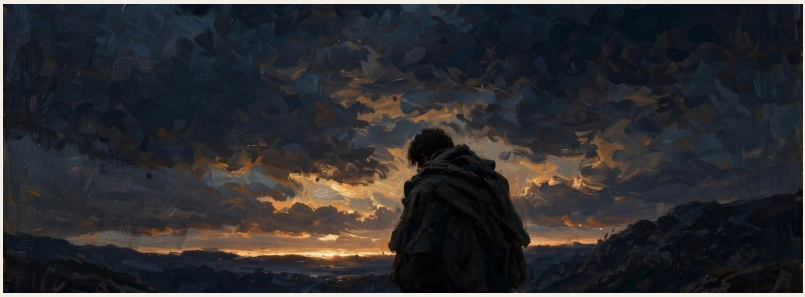
Let Go

A 7-Day Devotional

The Angelic Edition • Volume One

For the tired, the close to breaking, and the still here.

LARGE PRINT PHONE EDITION



DAY ONE

When You Are Tired

Quiet, and still here.

> *Come unto me, all ye that labour and are heavy laden, and I will give you rest.* Matthew 11:28

Reflection

Tired does not mean you have failed. It often means you have carried something for a long time without putting it down. Rest is not quitting. Rest is what lets you keep going tomorrow. You do not have to fix

everything tonight. You only have to be honest about how heavy it feels.

Prayer

God, I am tired. Help me rest without guilt, and help me trust you with what I cannot carry tonight.

Prompt

Write down one thing you are carrying that you can hand over today, even if only for today.



DAY TWO

Close To Breaking

Sheltered, even in the storm.

> *God is our refuge and strength, a very present help in trouble.*
>
> Psalm 46:1

Reflection

Being close to breaking does not mean you are broken beyond repair. It means you need help, and help is allowed. A refuge is not a place you earn. It is a place you run to. You do not have to sound strong to be held.

You only have to stop pretending you are fine when you are not.

Prayer

God, be my refuge today. When I feel close to breaking, hold me steady and help me ask for help.

Prompt

Who is one person you could tell the truth to today, even in one short sentence?



DAY THREE

Strength In Weakness

Small light, still burning.

> *My grace is sufficient for thee: for my strength is made perfect in weakness.* 2 Corinthians 12:9

Reflection

Weakness is not the opposite of faith. Sometimes weakness is where faith becomes real, because you stop relying on your own strength and start relying on God. You do not have to be the strongest person in the room to keep

going. You have to be willing to let grace be enough for today.

Prayer

God, your grace is enough. When I feel weak, remind me that your strength works in my weakness, not after it.

Prompt

Finish this sentence: Today, I feel weak in this area, and I need grace for it.



DAY FOUR

Let Go Of Control

Hands open, at last.

> *Casting all your care upon him; for he careth for you.* 1 Peter 5:7

Reflection

Letting go does not mean you do not care. It means you stop trying to control what was never yours to control. Worry feels like work, but it does not fix the outcome. Handing your care to God is not giving up. It is giving it to the one who can actually carry it.

Prayer

God, I give you the worries I keep turning over in my mind. Teach me to let go, one care at a time.

Prompt

Name one outcome you have been trying to control, and write it down as something you are releasing today.



DAY FIVE

Waiting And Renewal

Waiting, and rising anyway.

> *But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.* Isaiah 40:31

Reflection

Waiting feels like doing nothing, but waiting on God is not passive. It is trusting while you walk, one step at a time. Renewed strength does not

always look like running. Sometimes it looks like walking without fainting. That counts. Keep walking.

Prayer

God, renew my strength while I wait. Help me walk today without fainting, even if I cannot run yet.

Prompt

What is one small, faithful step you can take today, even while you wait?



DAY SIX

Honest Growth

Honest, and growing.

> *Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*
>
> Psalm 139:23-24

Reflection

Real growth starts with honesty. It is easy to say you want to change and hard to look at what actually needs to change. God already knows your heart,

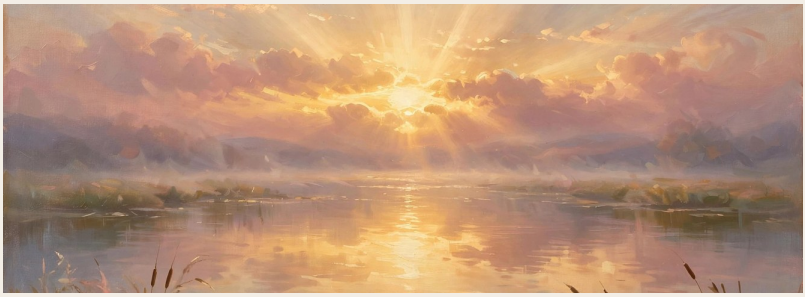
so honesty with him is not risky. It is freeing. Let him show you one true thing, and let him lead you from there.

Prayer

God, search my heart with kindness and truth. Show me what needs to change, and lead me in the way that lasts.

Prompt

What is one honest truth about yourself that could help you grow, if you faced it today?



DAY SEVEN

A New Morning

Morning, made new.

> *It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.* Lamentations 3:22-23

Reflection

Yesterday does not get the final word. Mercy is new every morning, which means today is not just a repeat of yesterday. You do not have to carry yesterday's failures into today. Start

again, small and honest, and let faithfulness meet you in the morning.

Prayer

God, thank you for new mercy this morning. Help me start again today, without dragging yesterday with me.

Prompt

Write down one fresh start you are choosing today, and one person you want to thank for walking with you.

A Final Word

If you are tired, you are not alone. Keep fighting, keep letting go, and keep trusting God with what you cannot carry. That is the whole point of this devotional, and of Profound Words And Quotes.

Thank you for reading. If this helped you, share it with one person who needs it today.