

# Prayer for a Heavy Heart

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Father, my heart is heavy. I feel like I have to carry the burden alone. Words like "overwhelmed," "distraught," "exhausted" seem to describe where I am. I am not sure how to let you carry my heavy load, so please show me how. Take it from me. Let me rest and be refreshed so that my heart won't be so heavy in the morning.  
In Jesus' name. Amen

