

# WHEN THE MIND

## Feels Heavy

A one-page devotional for the anxious and weary



### READ

Matthew 11:28

*"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*



### REMEMBER

**You are not alone.  
Your struggle is real.  
God's care is steady.  
God's mercy never ends.**



### PRAY

Lord,  
You see every anxious thought, every heavy emotion, and every burden I carry, Thank You that You do not turn away from the weary, but invite me to come to You. Help me to rest in Your truth instead of my fear. Give me courage to be honest, strength for the next step, and peace that comes from Your presence.  
In Jesus' name, amen.



### REFLECT

There are seasons when life feels heavier than words can explain. Anxiety can fill the mind with fear, tension, and racing thoughts. Depression can settle in like a fog, making even simple things feel difficult. In those moments, it can be easy to believe that struggling means you are weak, failing, or somehow far from God. But Scripture tells a different story.

The Bible does not hide human sorrow. David spoke honestly about discouragement. Elijah felt overwhelmed and exhausted. Paul described being burdened beyond his strength. Even Jesus spoke openly of deep sorrow. Emotional suffering is not foreign to the people of God, and it is not proof that God has abandoned you.

Jesus does not tell the weary to fix themselves before coming to Him. He invites them to come as they are. He meets burdened hearts with compassion, offers rest for the soul, and gives grace for the next faithful step.



### RESPOND



Bring your heart honestly before the Lord.



Tell God specifically what feels heavy.



Reach out to a wise and safe person.



Take the next faithful step, even if it feels small.



### REST

Rest is not found in having everything figured out, but in bringing your heavy heart to Jesus.

