

DAY 1

Carrying the Weight Too Long

VERSE:

“Come to me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

STORY:

Mira had been on her feet for twelve hours straight. The ER had been relentless: a cascade of patients, each one urgent, each one bleeding a little bit of her own soul. Among them was a man in his forties, unconscious from a sudden stroke, whose wife clutched her hand in desperation. She had seen that same terror in too many eyes — eyes that pleaded silently, begging for someone to carry the impossible weight of their fear.

As she inserted the central line, her hands shook despite her training. The antiseptic sting, the blaring alarms, the smell of disinfectant mixed with sweat — it all triggered memories she had spent years trying to suppress. She remembered the first patient she had lost alone on a night shift. The memory came unbidden: the cold, sterile room, the red light blinking on the monitor, the flatline tone echoing like a hammer in her chest.

By the end of her shift, the streets outside were quiet, the city asleep, and yet her heart raced like she was still in the chaos of the ER. She collapsed onto a bench, tears streaming down, letting herself feel the weight she had been carrying for far too long.

REFLECTION:

The world expects healthcare workers to be pillars of strength, but even pillars crack under pressure. Jesus calls the weary, the burdened, the broken. Not to keep working harder, not to push past exhaustion, but to rest in His presence. Rest is not laziness. Rest is recognition that the load is too heavy to carry alone.

PRAYER:

“Lord, I have carried too much for too long. I bring every fear, every loss, every memory before You. Help me find rest in Your arms. Heal the places that ache and the hands that tremble.”

EXERCISE/JOURNALING:

- Take five deep breaths, visualizing the weight lifting with each exhale.
- Write a letter to God about the patient, shift, or memory that weighs most heavily on you today.