

Ephesians 521 Ministries
Soul Care Series
Spiritual Care Tools for the Weary Heart

Restore Me

“Come to me, all who labor and are heavy laden, and I will give you rest.” {Matthew 11:28}

There are seasons when weariness settles quietly into the heart. Emotional fatigue, unresolved pain, and the weight of responsibility can leave us feeling depleted, even when we cannot fully explain why. In those moments, rest becomes not a luxury but a necessity.

The **Restore Me** resources were created for those who feel emotionally tired and in need of gentle care. These materials offer space for reflection and reassurance, reminding you that weariness is not a failure of faith, but a signal that restoration is needed.

Ephesians 521 Ministries provides this resource because God’s heart is deeply concerned with renewal. Scripture reminds us that God meets us not after we recover, but while we are weary.

Move through this resource slowly. There is no urgency here - only permission to rest and allow God to bring renewal in His time.

Purpose Statement

This resource is provided to offer comfort, reflection, and spiritual renewal for hearts carrying emotional and spiritual weariness.

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Tool 1 - The Lord is near Scriptures Sheet

“When your Heart is tired.”

Matthew 11:28-29 {ESV}

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”

Psalm 62:1-2

“For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.”

Isaiah 26:3

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

1 Peter 5:7

“Casting all your anxieties on him, because he cares for you.”

Psalm 34:18

“The LORD is near to the brokenhearted and saves the crushed in spirit.”

Closing Thought:

You are not failing – you are being invited by God to get closer to Him!

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Tool 2 - Laying Your Burdens Down (Guided Journal Page)
“Heavenly Father, this is what feels heavy today.”

Prompt #1 - Name the weight

What feels heavy right now? _____

Prompt #2 – What is this doing to me?

How is this affecting your thoughts, emotions, or your physical body?

Prompt #3 – Release Prayer

Father, I give you this burden:

Prompt #4 – Truth to replace fear

What do you know to be true about God in this situation?

Closing Thought:

You are not meant to carry tomorrow's concerns and worries today.

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Tool 3 - Identity in Christ Declarations

“Who I am when I feel worn down.”

- I am held by God even when I feel like I am falling apart.
- I am loved even in my weakness, not just in my strength.
- I am not my anxiety, my exhaustion, or my emotions.
- I am safe in Christ even when my life feels uncertain.
- I am allowed to rest without guilt.
- I am never alone in my struggle.
- I am being sustained, even when I don't feel strong.

Closing Thought:

Your identity is anchored in Christ, not in how well you are coping today.

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Tool 4 - Biblical Guide to Finding Rest for Your Soul

“Soul rest is different from physical rest.”

1. Rest begins with coming to Jesus, not fixing everything

Jesus says come, not solve anything first.

2. Rest includes releasing control

Worry tries to carry what only God can tote.

3. Rest grows in trust

Trust doesn't erase problems; it removes the weight from your shoulders.

4. Rest requires permission

God does not shame you for being tired. He designed you with limits.

Closing Thought:

What would it look like to trust God with this season instead of trying to outrun it?

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Tool 5 - “God is Near” Prayer Collection

“He will never leave you nor forsake you.”

1. Short Breath Prayer

“Father, I am tired. Be near to me right now.”

2. When Anxiety Arises

“Heavenly Father, quiet my mind. Help me feel your presence more than my fears.”

3. When Emotions Feel Heavy

“Lord Jesus, carry what feels too heavy for my heart today.”

4. When I Feel Like I am Failing

“Father, remind me that your grace is not based on my performance.”

5. When I Just Need Comfort

“Lord, please sit with me in this moment. Help me feel held by You.”

Closing Thought:

You are not behind. You are not forgotten. You are being carried through this season, even when your strength feels small.