Prayer for Rest and Comfort

God of rest and comfort,

It is such a relief that you do not measure us by what we achieve,
how short our to-do list is,
or the number of perfect scores on our performance reviews.

You are much more concerned about our hearts, and whether we are devoted to you.
You love it when we flourish.
You delight when our purposes align with your purposes for the world.

Please help us to recognize when we are pushing ourselves for the idols of success
or excellence or status or security.

Help us to see when we are at the edge of burnout.
Help us to prioritize resting in you,
taking good care of the bodies you have given us.

God of rest and comfort, renew us once again, we pray.

Amen.

Written for the Worship for Workers Project of Fuller Seminary by ©Kara Martin, workship.com.au