



A GUIDED REFLECTION
FROM LIVING INFLUENCE

The Exhausted Christian Reset

A five-minute reflection to help you
recognize when faith has become effort
and return to trust.

This short guide will help you notice where striving has entered your relationship with God and create space to receive the grace, love, and joy He is already offering.

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When faith starts to feel like work

Following Jesus was never meant to become another performance you have to perfect. Yet many sincere Christians find themselves trying harder, doing more, and quietly wondering why the life of faith feels so heavy.

Read the statements below slowly. Mark any that feel familiar right now. This is not a test, and there is no score to calculate. It is simply an invitation to notice what you may be carrying.

Mark what feels familiar:

- ☐ I regularly feel as though I am disappointing God.
- ☐ When I struggle, my first instinct is to try harder.
- ☐ I know what Scripture says about my identity, but I struggle to believe it applies to me.
- ☐ Serving others often feels like another measure of my spiritual performance.
- ☐ I find it easier to give something to God than to receive His love, joy, or grace.
- ☐ I feel pressure to appear more spiritual around other Christians.
- ☐ I measure my faith by how well I am behaving or how little I am struggling.
- ☐ Even when I am doing the right things, I rarely feel settled or satisfied.
- ☐ I am tired of trying to become the person I think God expects me to be.

If several of these feel familiar, resist making another plan to improve.

Your exhaustion may not mean you need more discipline. It may reveal where faith has become self-effort.

What may be making you tired

When we ask, “Why is my faith not working?” we often assume the answer is that we are not believing strongly enough, praying consistently enough, or trying hard enough.

The strength of faith does not begin with the intensity of our effort. It begins with the One we are trusting.

Jesus has already taken responsibility for what we could never accomplish for ourselves. He has dealt with our sin, answered our shame, and given us a new identity. The invitation is not to make ourselves worthy of Him. It is to trust what He has already done.

That does not mean there is no effort in the Christian life. **It means our effort changes direction.**

Effort to become

I work to become acceptable, godly, and worthy of love. My attention stays fixed on whether I am doing enough.

Effort as expression

Because I am already loved and made new in Christ, I can use my energy to love God and the people around me.

One kind of effort keeps asking, “Am I finally enough?” The other begins with the confidence that Christ is enough, and lets love become the natural expression of a life rooted in Him.

When striving becomes trust

The language running through your mind often reveals where you are placing the weight. Notice which side sounds more like your inner life today.

When faith becomes striving	When faith becomes trust
I need to make myself acceptable to God.	Jesus has already made me acceptable.
I need to become more godly before God can use me.	I can live from the new identity God has already given me.
I need to work harder to experience joy.	I can learn to receive the joy Jesus offers.
I need to appear spiritual so others will respect me.	I can be honest and allow myself to be known.
My value depends on how well I am doing.	God’s delight in me is not earned by my performance.
I must fix my weaknesses before I can love others well.	I can love others while God continues His work in me.

Trust is not pretending everything is fine. It is bringing your real need to God and believing He can meet you there.

A lighter way to live

You do not have to overhaul your spiritual life today. Begin by noticing one small place where God may be inviting you to release performance and practice trust.

01

From becoming to expressing

You do not need to spend your life trying to become worthy of God's love. Begin with what He has already made true of you in Christ, and let your choices become an expression of that identity.

Where am I trying to become something God has already declared true of me?

02

From giving to receiving

Many exhausted Christians know how to serve, sacrifice, and give. Receiving can feel much harder. Yet Jesus offers His love, His grace, and even His joy. You are allowed to receive before you produce.

What am I trying to earn that God may be asking me to receive?

03

From hiding to being known

Grace becomes tangible when we trust God and share with who we really are. Honesty creates room to experience love without first cleaning up the story.

Who is one safe person with whom I can practice being a little more honest?

Choose one shift. You do not need to master it. Simply carry the question with you and notice what God brings to the surface.

Pause, name, and receive

Set aside five quiet minutes. You can return to these three steps whenever faith begins to feel heavy again.

1

Pause

Take one slow breath. You do not have to solve anything in this moment. Let yourself become present to God exactly as you are.

As I become quiet, I notice...

2

Name

Complete this sentence as honestly as you can:

Right now, I am trying to prove to God that...

3

Receive

Ask what might change if you believed "...God was already present with, delighted in, and loving you."

If I did not have to earn God's love today, I would be free to...

FINISH WITH ONE SIMPLE PRAYER

Jesus, I release the burden of trying to make myself worthy.
Teach me to trust what You have done and receive what You
are giving me today.

Short prayers for returning to trust

You do not need perfect words. Choose the prayer that names what you need today and return to it whenever you notice yourself striving again.

WHEN I FEEL UNWORTHY

Lord, teach me to believe that
You are delighted in me.

WHEN I AM TRYING HARDER

Jesus, help me place the
weight of my faith on You, not
on the intensity of my effort.

WHEN I FEEL EMPTY

Teach me to receive Your love,
Your grace, and Your joy
before I try to give anything
away.

WHEN I WANT TO HIDE

Give me the courage to trust
You with the real me and the
wisdom to find safe people
who can know me too.

WHEN SERVICE FEELS HEAVY

Remind me that I am not serving to prove who I am. Let love
become the expression of who You have made me.

SCRIPTURES TO RETURN TO

Matthew 11:28–30 • John 13:34–35 • John 15:9–11 • 1 Peter 5:5–7

CONTINUE THE CONVERSATION



Bill, Scott, and Waldemar explore how faith quietly becomes effort, why striving to become what God has already made true leaves us depleted, and how trusting God with the real us opens the door to grace.

Nothing in your circumstances may change immediately. But when you begin to experience God's grace and the love of others, everything can begin to feel different.

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