

Come Back to the Well

DAY ONE · Return to the Source

Psalm 23:1-3 · John 4:13-14

He restores my soul.

REFLECTION

We often look for replenishment in whatever offers the quickest relief. But distraction can quiet the signal without healing the depletion. Psalm 23 begins with a Shepherd, not a strategy. God leads, provides, and restores. Replenishment starts by returning to the One who knows what your soul needs before you can name it. Today, resist the urge to arrive in God's presence polished. Bring the real condition of your cup.

TODAY'S PRACTICE

Sit quietly with God for ten minutes. No requests, lesson, or productivity goal. Breathe slowly and pray: 'Shepherd, restore what has been spent in me.' Notice what rises without rushing to fix it.

JOURNAL

Where have I been seeking relief instead of restoration?

What part of me most needs the Shepherd's care today?

PRAYER

God, I return to You as my Source. Lead me beside quiet waters and restore what hurry, responsibility, and worry have depleted. Amen.

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DAY TWO · Name the Drain

1 Kings 19:4-8 · Matthew 11:28-29

Come to me, all you who are weary and burdened.

REFLECTION

Elijah's exhaustion was spiritual, emotional, and physical. God did not shame him for being depleted. He met him with rest, food, water, and presence. Sometimes 'I'm tired' is too general to guide us. Are you physically exhausted, emotionally overextended, mentally overloaded, spiritually dry, or relationally drained? God's care is specific. Honest naming helps you receive the kind of replenishment you actually need.

TODAY'S PRACTICE

Complete a seven-area check-in: physical, mental, emotional, spiritual, relational, creative, and sensory. Rate each area from 1 to 5. Choose the lowest area—not the loudest demand—to care for today.

JOURNAL

What type of depletion am I experiencing?

What would compassionate, specific care look like today?

PRAYER

Jesus, I accept Your invitation to come weary—not impressive. Help me name my need without shame and receive Your gentle care. Amen.

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DAY THREE · Build a Rhythm of Receiving

Isaiah 40:28-31 · 2 Corinthians 4:16

Those who hope in the Lord will renew their strength.

REFLECTION

God does not only replenish us after collapse. He invites us into an ongoing rhythm of renewal. Isaiah describes strength received while waiting on the Lord; Paul describes the inner person being renewed day by day. Replenishment becomes sustainable when receiving is no longer postponed until everything is done. Your cup does not have to reach empty before it deserves attention.

TODAY'S PRACTICE

Choose one daily, one weekly, and one monthly replenishment rhythm. Make each practice small enough to keep and clear enough to schedule. Protect the first rhythm on your calendar today.

JOURNAL

What consistently leaves me more whole and connected to God?

What daily, weekly, and monthly rhythms will I protect?

PRAYER

God, teach me to live from Your supply instead of constant self-expenditure.
Renew me day by day and help me steward what You restore. Amen.