



When Life as a Wife Feels Too Heavy

*A 5-Day Devotional for Women Who
Are Done Pretending They're Okay*

Before You Begin



This devotional was made for the wife who is worn out but still showing up. The one who loves God but has been quietly struggling, holding it together on the outside while falling apart on the inside.

This is a safe place to be honest.

There is no perfect way to work through these five days. But here are a few simple suggestions to help you get the most out of it:

Find a quiet moment.

Even ten minutes alone with God counts. Early morning, lunch break, or after everyone else is asleep. Whenever you can steal a little stillness, that's your time.

Read slowly.

This is not a race. Let the words sit with you. If something hits, stop and stay there for a moment.

Answer the reflection question honestly.

Not the Sunday morning answer. The real one. Nobody is reading this but you and God.

Pray the prayer out loud if you can.

There is something powerful about hearing your own voice speak faith over your situation, even when your faith feels small.

Don't skip a hard day.

If a devotion stirs something uncomfortable, that's not a reason to move on. That's usually God doing exactly what He said He would.

You don't have to have it all together to start. Come as you are.

He's been waiting for you.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

- Psalm 34:18

What's Next?

If you need more support as you navigate this season, visit **WivesConqueringBurdens.com** for articles, resources, and encouragement.

I'm praying for you.

Kareena



God, Are You Even Listening?

You've prayed the same prayer so many times you've lost count. You've cried in the shower, whispered in the dark, and smiled at church like everything was fine. And still, it feels like heaven is quiet.

If that's you, you're not alone. And you're not forgotten.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

Devotional

There's a difference between God being silent and God being absent. It doesn't always feel that way, especially when your heart is heavy and your situation hasn't changed. But silence isn't abandonment. Sometimes God is doing the deepest work in the quietest seasons.

The enemy wants you to believe that unanswered prayer means unloved daughter. That's a lie. God hears every word you've prayed, including the ones you couldn't find words for. He heard the sigh. He saw the tears. He knows what you're carrying even when you don't know how to explain it.

You don't have to perform for God. You don't have to clean yourself up before you come to Him. Come as you are, heavy and tired and honest. That's exactly where He meets you.

Prayer

Lord, some days it feels like my prayers are hitting the ceiling. I won't pretend otherwise. But I choose to trust that You are near even when You feel far. Help me to stop performing and start being real with You. Remind me today that Your silence is not Your absence. I'm showing up, even when it's hard. **In Jesus' name, Amen.**

Reflection Question

Where in your life have you been pretending to be okay with God instead of being honest with Him?

I Don't Even Know Who I Am Anymore

Somewhere between the wife, the mother, the employee, the friend, and the keeper of everything, you got lost. You can't remember the last time someone asked what you needed. You're not even sure you'd know how to answer.

That's not weakness. That's what happens when you've been giving from an empty cup for too long.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10

Devotional

The world will hand you a hundred roles and expect you to play them all perfectly. Wife. Mother. Daughter. Employee. Friend. And when you struggle to keep up, it whispers that you're failing. That you're not enough. That maybe you never were. But God never defined you by your roles. He defined you by your relationship with Him. You are His handiwork. That word in the original Greek is "poiema," where we get the word poem. You are not a mistake. You are not an afterthought. You are something God intentionally crafted with care and purpose.

The identity crisis you're feeling right now isn't proof that you're lost forever. It's an invitation to stop letting the noise around you define you and start letting the God who made you remind you of who you actually are.

You are seen. You are known. You are enough, not because of what you do but because of whose you are.

Prayer

Lord, I'll be honest. I've forgotten who I am outside of everyone else's needs. I've let my roles define me more than You have. Today I'm asking You to remind me. Strip away the noise and show me who You created me to be. Help me find my worth in You and not in how well I perform for everyone around me. **In Jesus' name, Amen.**

Reflection Question

When was the last time you did something that was just for you, and did you feel guilty about it? What does that tell you about where you're finding your worth?

I'm Tired of Holding Everything Together

You woke up tired again. Not just physically, but the kind of tired that sleep doesn't fix. The kind that comes from carrying weight that was never meant to be yours alone. And yet here you are, still holding it all together because if you don't, nobody will.

That's an exhausting way to live.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28-29

Devotional

There is a difference between being strong and being stubborn. Strength knows when to ask for help. Stubbornness keeps carrying what's breaking you because putting it down feels like giving up.

God is not asking you to be superhuman. He never was. The pressure you feel to hold everything together didn't come from Him. It came from fear. Fear that things will fall apart. Fear that you'll be seen as weak. Fear that needing help means you've failed.

But Jesus didn't say come to me when you've figured it out. He said come to me when you're weary. Right now, in the middle of the mess, with nothing resolved and nothing fixed. That's the invitation.

Laying your burdens down is not giving up. It's finally trusting the One who was strong enough to carry them in the first place. You were never supposed to do this alone.

Prayer

God, I am tired in ways I don't have words for. I've been carrying things that are too heavy for me and I've been doing it in my own strength. Today I'm choosing to lay it down, not because everything is okay but because I trust that You are. Take what I've been white-knuckling and replace it with the rest only You can give. **In Jesus' name, Amen.**

Reflection Question

What is the one burden you've been refusing to hand over to God, and what are you afraid will happen if you let it go?

What Do I Do When I Can't Hear You, God?

You've been seeking. You've been praying. You've been reading your Bible and waiting for some kind of sign, some kind of clarity, some kind of anything. And the silence is starting to feel less like a pause and more like an answer you don't want to accept.

But what if the silence isn't the end of the conversation?

"Whether you turn to the right or to the left, your ears will hear a voice behind you saying, 'This is the way; walk in it.'" Isaiah 30:21

Devotional

We live in a noisy world. Notifications, opinions, obligations, and the constant hum of everything that needs to be done. And somewhere in all of that noise we expect to hear a still small voice with perfect clarity. Then when we can't, we assume God isn't speaking.

But God is always speaking. The question is whether we've created enough quiet to actually hear Him.

Sometimes He speaks through scripture that suddenly hits differently than it did before. Sometimes through a peace that settles over a decision you've been wrestling with. Sometimes through a conversation you didn't plan or a moment you almost missed. He rarely shows up the way we expect Him to. But He shows up.

Hearing God is less about straining to catch His voice and more about learning to recognize it. That takes time. It takes stillness. It takes being willing to sit in the uncertainty without demanding an immediate answer.

He is not withholding from you. He is preparing you. Trust the process even when you can't see the progress.

Prayer

God, I want to hear You clearly. I'm tired of second guessing myself and wondering if I'm making the right moves. Quiet the noise around me and within me. Teach me what Your voice sounds like so I stop confusing it with my own fear. I trust that You are speaking even when I struggle to hear. Help my ears and my heart stay open. *In Jesus' name, Amen.*

Reflection Question

When you think about the last time you felt God speak to you, what did that look like? What made it hard to hear Him and what helped you finally listen?

Remind Me Who You Say I Am

You made it to Day 5. That matters more than you know. Showing up for yourself, even in small ways, is an act of faith. Don't minimize that.

Today is not about digging into another hard thing. Today is about letting God speak over you. Not who your husband says you are. Not who your circumstances say you are. Not who the enemy has been whispering you are.

Who does God say you are?

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." 1 Peter 2:9

Devotional

Five days ago you opened this devotional carrying something heavy. Maybe you still are. Healing is rarely a straight line and five days doesn't fix what took years to build. But something shifted this week, even if you can't fully name it yet. You were honest with God. That's not small. A lot of women spend years performing for Him instead of being real with Him. You chose different. Here is what God says about you and it has nothing to do with your marriage, your mistakes, your failures, or how well you held it together this week. You are chosen. You are called. You are loved with a love that doesn't fluctuate based on your circumstances or your performance. You are not too broken, too tired, or too far gone for God to use, restore, and sustain.

The burdens you carry are real. But they do not define you. The relationships that have wounded you are real. But they do not determine your worth. God saw you before any of this happened and He still chose you. He still calls you His.

Walk into whatever comes next knowing that. Let it be the thing that holds you when everything else feels unsteady.

You are not too heavy for God to carry.

Prayer

Lord, thank You for meeting me this week in the middle of my mess. Thank You for not requiring me to be okay before You showed up. As I close this devotional I'm asking You to seal every word that was meant for me. Where I'm still struggling let Your truth be louder than my doubt. Where I've been believing lies about who I am remind me of who You say I am. I choose to walk forward in that identity even on the days it's hard to feel it. **In Jesus' name, Amen.**

Reflection Question

After these five days, what is one lie you've been believing about yourself that you are ready to release, and what truth from God are you choosing to replace it with?



A Note Before You Go

This was just the beginning. If these five days stirred something in you, that's not an accident. God is not finished with you. Keep showing up for yourself, keep being honest with Him, and keep coming back.

You were made for more than just surviving.

Ready to Go Deeper?

If this devotional resonated with you, there is more waiting for you over at **Wives Conquering Burdens**.

You will find blog posts, resources, and real honest encouragement built around the three things that matter most to the wife who is carrying too much: hearing God clearly, knowing who you are in Him, and finding the strength to face what you're carrying without losing yourself in the process.

You don't have to walk this out alone.

Visit wivesconqueringburdens.com and join a community of women who are done pretending and ready to move forward in faith.

Kareena