



Strength for Women: Serving When Emotionally Drained



Discover God's strength to serve others even when emotionally exhausted through Scripture and reflection in this 7-day Bible study plan.



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Introduction

Welcome to this 7-day Bible study on **Women and Emotional Strength in Service**. In life, women often find themselves caring deeply for others—family, friends, community—sometimes to the point of emotional exhaustion. Yet, as women of faith, the Lord calls us not only to serve but also to remain strong and renewed in heart and spirit.

Serving when you're emotionally drained can feel overwhelming, but Scripture encourages us to draw strength from God, who renews our inner being and empowers us to pour out love abundantly. This study is designed to help women recognize God's sustaining power, embrace His restorative grace, and find hope and renewal to continue their loving service.

Each day, we will explore women in the Bible who faced emotional challenges but relied on God's strength to persevere. We'll reflect on Scripture that nurtures our own soul and offer prayers to renew and uplift. By God's grace, may you gain courage, refreshment, and an enduring spirit to continue serving with joy.

Remember, it's in our weakness that His strength is made perfect (**2 Corinthians 12:9**). So, lean into Him daily, and may this study be a balm for your soul and a source of divine strength.





Day 1: Finding Rest in God's Presence



Day 1: 🌿 Finding Rest in God's Presence

Your Verse

Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- *Psalm 23:2 – "He makes me lie down in green pastures, he leads me beside quiet waters."*
- *Isaiah 40:31 – "But those who hope in the Lord will renew their strength."*



Day 1: 🌿 Finding Rest in God's Presence

Devotional: Embracing Jesus' Rest in the Midst of Weariness

When emotional exhaustion weighs heavily, Jesus' invitation to "come to me" is a soothing balm. Serving others can drain us physically and emotionally, but Jesus Himself knows our weariness. He promises rest—not just physical rest but a deep soul-rest that refreshes the spirit. This rest is not found in escape or distraction but in His presence. Psalm 23 paints a picture of calm pastures and quiet waters, symbolizing peace and renewal.

Take time today to bring your weariness to Jesus. Surrender your exhausted heart and accept His offer to restore you. Trust that hope in Him will let you soar again, lifting your spirit beyond the fatigue that tempts you to give up.

The path of service is holy but heavy. Let God's rest strengthen your heart for the journey ahead.



Day 1: 🌿 Finding Rest in God's Presence

Reflect and Apply

1. What burdens are you carrying today that feel overwhelming?

2. How can you practice coming to Jesus for rest amidst your daily service?

3. What does emotional rest look like for you, and how can God provide it?



Day 1: 🌿 Finding Rest in God's Presence

Journaling Prompts

1. Write about a time when you felt refreshed after resting in God's presence.

2. List areas in your life where you need Jesus' rest right now.

3. Reflect on ways you can invite God into your exhaustion and receive His peace.



Day 1: 🌿 Finding Rest in God's Presence

Prayer for Today

Lord Jesus, I come to You today weary and worn. *Thank You for inviting me to find rest in Your presence.* Renew my strength and calm my anxious heart. Help me to rely on Your peace instead of my own energy. May Your gentle love replenish my soul and prepare me to serve others with joy again. In Your name, Amen. 🙏❤️🌿





Day 2: 🔥 Strengthened by God's Power



Day 2: 🔥 Strengthened by God's Power

Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *Nehemiah 8:10 - "The joy of the Lord is your strength."*



Day 2: 🔥 Strengthened by God's Power

Devotional: God's Strength Carries You When You Are Weak

God does not call you to serve in your own strength. Isaiah reminds us that God actively gives power to the weak and strength to those who feel weary. Your feelings of emotional drain don't disqualify you; instead, they position you to receive divine strength.

Remember Paul's declaration in Philippians that you can do all things through Christ. This includes serving others in the midst of your emotional struggles. God's power is made perfect when we feel weak, and His joy becomes our true source of strength.

When you feel depleted, lean not on your own abilities but on the supernatural empowerment God provides daily. His strength enables you to continue ministering to others even when you feel empty.



Day 2: 🔥 Strengthened by God's Power

Reflect and Apply

1. In what areas do you most feel weak or drained lately?

2. How can you invite God's power into your daily tasks of service?

3. What difference does relying on God's strength rather than your own make?



Day 2: 🔥 Strengthened by God's Power

Journaling Prompts

1. Write about a moment you experienced God's strength in a difficult time.

2. List ways you can surrender your weakness to God and receive His power.

3. Describe how joy from the Lord has been or could be a source of strength for you.



Day 2: 🔥 Strengthened by God's Power

Prayer for Today

Dear God, I acknowledge my weakness and need for You. *Pour Your strength into my weary heart.* Let Your joy renew me so I can serve with love and perseverance. Help me to depend on Your power every day, trusting that You will sustain me. Thank You for being my constant source of strength. Amen.





Day 3: 🌸 The Example of Mary's Stillness



Day 3: 🌸 The Example of Mary's Stillness

Your Verse

Luke 10:39-42 - "But Mary chose what is better, and it will not be taken away from her."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *1 Kings 19:11-12 - God's gentle whisper brings peace amid chaos.*



Day 3: 🌸 The Example of Mary's Stillness

Devotional: Finding Strength in Stillness and Jesus' Presence

In the busyness of serving, stillness is often overlooked but deeply necessary. Mary's choice to sit at Jesus' feet contrasts with Martha's busy serving. Both are commendable, but Jesus affirms Mary's choice as the better part.

When you are emotionally drained, following Mary's example to be still can rejuvenate your soul. Taking time away from constant activity to listen and be present with Jesus replenishes your spirit. Psalm 46:10 commands us to "Be still, and know that I am God," reminding us that calmness and trust in Him restore strength.

Even prophets like Elijah found renewal in the gentle whisper of God after overwhelming circumstances. Let God's peace fill you today as you pause and rest in His presence.



Day 3:  The Example of Mary's Stillness

Reflect and Apply

1. How does stillness feel to you when your days are busy?

2. What distractions keep you from sitting quietly with Jesus?

3. How can you make space daily to choose 'what is better' like Mary?



Day 3: 🌸 The Example of Mary's Stillness

Journaling Prompts

1. Describe a time when quietness with God brought clarity or peace.

2. List practical ways to create moments of stillness in your routine.

3. Reflect on what Jesus might be saying to your heart in quietness today.



Day 3: 🌸 The Example of Mary's Stillness

Prayer for Today

Jesus, teach me to be still and know You in the midst of my busyness. *Help me to choose the better part—resting at Your feet.* Quiet my anxious thoughts and renew my spirit with Your peaceful presence. May I find strength not just in doing, but in being with You. Amen. 🌸 🙏 🕊





Day 4: 💧 Pouring Out Love When Drained



Day 4: 💧 Pouring Out Love When Drained

Your Verse

2 Corinthians 4:7 - "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us."

Supporting Scriptures

- *John 15:5 - "Apart from me you can do nothing."*
- *Galatians 6:9 - "Let us not become weary in doing good."*



Day 4: 💧 Pouring Out Love When Drained

Devotional: God's Power in Our Fragile Vessels

We are fragile vessels, sometimes cracked and worn, yet God's power shines through our weakness. The apostle Paul describes us as jars of clay carrying a precious treasure—God's empowering presence. When you feel emotionally drained, remember that your ability to serve stems not from your own reserves but from God working within you.

Jesus reminds us that apart from Him, we can do nothing. Remaining connected to Him as the true vine is essential to bearing fruit in our service. Perseverance is key; Galatians encourages us not to grow weary, for in due season we will reap if we do not give up.

Your drained emotions do not disqualify you—they highlight your need for God's sustaining power to continue pouring out love despite your own limitations.



Day 4: 💧 Pouring Out Love When Drained

Reflect and Apply

1. How do you view your own weaknesses or emotional drains in light of God's power?

2. What does it mean to stay connected to Jesus as your source of strength?

3. How can you encourage yourself to keep serving, even when weary?



Day 4: 💧 Pouring Out Love When Drained

Journaling Prompts

1. Reflect on moments when God's power was evident despite your weakness.

2. Write about ways to deepen your connection with Jesus daily.

3. List encouraging truths to remind yourself when tempted to give up.



Day 4: 💧 Pouring Out Love When Drained

Prayer for Today

Father God, I confess my weaknesses and emotional limits. *Help me depend fully on Your power working in me.* Let Your strength show through my fragility, and encourage my heart to persevere in serving. Thank You for being my unending source of love and energy. Amen. 💧 ❤️ 🙏





Day 5: 🌸 Learning from Hannah's Prayer



Day 5: 🌸 Learning from Hannah's Prayer

Your Verse

1 Samuel 1:27-28 - "I prayed for this child, and the Lord has granted me what I asked of him... and now I give him to the Lord."

Supporting Scriptures

- *Psalms 61:2 - "From the ends of the earth I call to you, I call as my heart grows faint."*
- *Jeremiah 29:12 - "Then you will call on me and come and pray to me, and I will listen to you."*



Day 5: 🌸 Learning from Hannah's Prayer

Devotional: Finding Hope Through Honest Prayer and Surrender

Hannah's story is a powerful example of bringing emotional pain to God in prayer and surrender. She was deeply distressed and felt empty, yet she poured out her heart to the Lord with faith. God answered her prayer, and in gratitude, she dedicated her son back to Him, demonstrating trust even after receiving her blessing.

When emotional exhaustion tempts you to despair, emulate Hannah's honest prayer and surrender. Bringing your deepest needs to God allows Him to work in your heart and circumstances. Psalm 61 encourages us to call on God even when our heart grows faint, and Jeremiah reminds us that God listens.

Trust that God hears your prayers and cares deeply about your emotional state. Entrust your drained heart to Him today.



Day 5: 🌸 Learning from Hannah's Prayer

Reflect and Apply

1. What burdens or longings do you need to bring to God in prayer?

2. How comfortable are you with surrendering your struggles fully to God?

3. What can you learn from Hannah's faith in God's timing and provision?



Day 5: 🌸 Learning from Hannah's Prayer

Journaling Prompts

1. Write a prayer expressing your honest feelings and hopes to God.

2. Reflect on a time God answered a deep prayer in your life.

3. List ways you can practice surrendering your emotions to God daily.



Day 5: 🌸 Learning from Hannah's Prayer

Prayer for Today

Lord, like Hannah, I bring my weary heart to You. *Hear my prayer and grant me peace in the waiting.* Help me to trust in Your perfect timing and provision. When I am drained, remind me that You listen and care deeply. I surrender my emotional burdens into Your hands. Amen. 🌸 🙏 💜





Day 6: 🌻 Renewed in God's Compassion



Day 6: 🌻 Renewed in God's Compassion

Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

Supporting Scriptures

- *Psalm 103:13 - "As a father has compassion on his children, so the Lord has compassion on those who fear him."*
- *2 Corinthians 1:3 - "The Father of compassion and the God of all comfort."*



Day 6: 🌻 Renewed in God's Compassion

Devotional: God's Compassion Renews Your Spirit Daily

Emotional exhaustion can make us feel consumed and depleted, but God's compassion offers daily renewal. Lamentations reminds us that God's mercy is new every morning, giving fresh hope to face each day. His great love ensures we are not overwhelmed or defeated.

God cares deeply as a compassionate Father, full of comfort and tender love. When your emotional reserves run dry, you can rely on His compassion to restore your spirit. God does not expect perfection; He offers mercy and strength to keep moving forward.

Embrace this truth today: God's compassionate love is a wellspring that never dries up. Rest in it and be renewed in heart and soul.



Reflect and Apply

1. How have you experienced God's compassion in difficult times?

2. What does it mean for you that God's mercies are new every morning?

3. How can embracing God's compassion change the way you serve others?



Day 6: 🌻 Renewed in God's Compassion

Journaling Prompts

1. Write about a time when God's comfort restored you emotionally.

2. List ways to remember God's compassion when feeling worn out.

3. Reflect on how daily renewal impacts your service and faith.



Day 6: 🌻 Renewed in God's Compassion

Prayer for Today

Gracious Father, thank You for Your unfailing compassion and love. *When I feel drained, remind me that Your mercies are new each morning.* Renew my heart and comfort my soul. Help me to rest in Your gentle care and continue serving with hope. Amen. 🌻💖🙏





Day 7: 🌸 Empowered to Serve with Joy



Day 7: 🌸 Empowered to Serve with Joy

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- *Romans 12:11 - "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."*
- *Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord."*



Day 7: 🌸 Empowered to Serve with Joy

Devotional: Serving with Joy: The Lord's Strength Within You

Joy in the Lord fuels and sustains your service, even when emotionally drained. Nehemiah reminds us that the Lord's joy is our strength. When we center our service on God's glory rather than our abilities, our work is empowered and meaningful.

Keep spiritual fervor alive by reconnecting daily with God's purpose for your service. Romans encourages enthusiasm and zeal, and Colossians reminds us to serve wholeheartedly as if working for the Lord. This perspective fills even tiring tasks with joy and strength.

As you conclude this study, embrace the joy God offers as an unending source of power to keep loving and serving others, renewed and empowered.



Reflect and Apply

1. What role does joy play in your motivation to serve others?

2. How can you maintain spiritual fervor during emotional lows?

3. In what ways can you focus your service as work for the Lord?



Day 7: 🌸 Empowered to Serve with Joy

Journaling Prompts

1. Write about moments when joy sustained you in serving others.

2. List practical ways to keep your spiritual zeal vibrant daily.

3. Reflect on how serving "as working for the Lord" changes your attitude.



Day 7: 🌸 Empowered to Serve with Joy

Prayer for Today

Lord, fill me with Your joy which is my true strength. *Help me to serve with zeal and a whole heart, working for Your glory.* Renew my passion and empower me to continue loving others even when I feel drained. May Your joy sustain me today and always. Amen. 🌸 ✨ 🙏





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