



Evening Exhale

f o r c a r e g i v e r s

A gentle pause with God before sleep



Breathe. Release the day. Rest in God's care.

*"Come to me, all you who are weary and burdened,
and I will give you rest."*

MATTHEW 11:28

GRACEFUL LIVING HUB



A Gentle Welcome

This is not another task to complete. It is a place to set the day down. Move slowly, skip anything you do not need, and let it take five minutes or twenty — whatever your evening allows.



HOW TO USE THIS GUIDE

01 Find a quiet corner

Ten minutes is enough. Somewhere soft, away from the noise of the day.

02 Go in order, or don't

Each page stands on its own. Begin wherever you have room tonight.

03 Write honestly

No one else will read these pages. God already knows what is written there.

04 Leave it unfinished

An unanswered prompt is not a failure. Your rest matters more than completion.

“Truly my soul finds rest in God; my salvation comes from him.”

P S A L M 62 : 1



Settle Your Space

Before any words, let your surroundings soften. Tend to your body first — prayer comes easier to a settled heart.

A F E W S M A L L T H I N G S

- ☐ Dim the lights, or light a single candle
- ☐ Put your phone face down, out of reach
- ☐ Pour something warm to hold
- ☐ Loosen your shoulders; unclench your jaw
- ☐ Take one slow breath before you begin

T O N I G H T ' S I N T E N T I O N

Tonight, I am choosing to...

“Be still before the Lord and wait patiently for him.”

P S A L M 37 : 7



Begin with a Breath

Settle where you are. Let your shoulders soften.
There is nothing to fix in this moment.

1

BREATHE IN SLOWLY

“God, You are here.”

2

BREATHE OUT GENTLY

“I release this day to You.”

3

BREATHE IN SLOWLY

“Fill me with Your peace.”

4

BREATHE OUT GENTLY

“I rest in Your care.”

Repeat slowly for three to five rounds.

“Be still, and know that I am God.”

P S A L M 4 6 : 1 0

G R A C E F U L L I V I N G H U B



Bring Your Day to God

Take your time. Write only what comes.

01 What am I carrying from today that I need to place in God's hands?

02 Where did I notice grace, strength, or goodness today?

03 What do I need from God as I move into rest?

"Search me, God, and know my heart."

P S A L M 1 3 9 : 2 3

G R A C E F U L L I V I N G H U B



A Prayer of Release

God, thank You for carrying me through this day. I release the tasks unfinished, the worries unresolved, and the burdens too heavy for me to hold. Meet me in my rest, renew my heart, and help me trust that You are at work — even while I sleep.

Amen.

WHAT I AM HANDING OVER TONIGHT

Name it. Then leave it here on the page.

“Cast all your anxiety on him because he cares for you.”

1 PETER 5:7



Rest in His Safety

*“In peace I will lie down and sleep,
for you alone, Lord, make me dwell in safety.”*

P S A L M 4 : 8

Notice what David does not say. He does not say the danger has passed, or that everything is finally settled. He says only this: I will lie down. Safety was never the absence of trouble — it was the presence of God. You are not asked to resolve today before you close your eyes.

H O L D T H E S E C L O S E T O O

“He will not let your foot slip — he who watches over you will not slumber.”

P S A L M 121 : 3

“His compassions never fail. They are new every morning.”

L A M E N T A T I O N S 3 : 2 2 - 2 3

“But those who hope in the Lord will renew their strength.”

I S A I A H 40 : 3 1



A Blessing for Tonight

May your body soften.

May your mind grow quiet.

*May the work you could not finish
rest safely in hands stronger than yours.*

May you wake gentler than you slept.



Tomorrow can wait.

The list will still be there in the morning, and so will the grace to meet it. Nothing is required of you now except rest.

“My Presence will go with you, and I will give you rest.”

EXODUS 33:14

Tonight, you do not have to carry it all.

Rest in God's care.