



REST

WEEK 1 | DAY 6

READ MATTHEW 11:28-30

“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. For my yoke is easy and my burden is light.”

Pause and think about what is weighing you down, robbing your joy or taking your focus away from what truly matters.

PRAY THIS WITH US:

“God, I thank you for being my source when I feel weighed down or tired. You are a safe place for me. No matter how difficult my life gets, You are always inviting me to come close to Your love, lean on Your support, and to live in Your peace. I rest in You today. I acknowledge that no matter what is happening, You are in control. I can trust in your plan for me and I believe it is good. I do not want to get caught up in busyness or activity. Fill my life with what You know I need and give me strength to set aside what I do not need. Amen”

[HEAR FROM STEPHANIE](#)