

## # 5-Day Devotional: Finding Rest in Christ

### ## Day 1: The Invitation to Rest

**\*\*Reading:\*\*** Matthew 11:28-30

**\*\*Devotional:\*\***

Jesus extends a remarkable invitation: "Come to me, all who labor and are heavy laden, and I will give you rest." Notice He doesn't say "earn rest" or "work for rest"—He offers to give it freely. What burdens are you carrying today? Perhaps it's the weight of proving your worth, the anxiety of provision, or the exhaustion of maintaining appearances. Jesus promises rest for your soul—not just physical relaxation, but deep, spiritual peace. His yoke is easy because He carries the heavy end. Today, identify one burden you've been carrying alone and consciously place it in His hands. Rest isn't found in doing less; it's found in trusting more.

**\*\*Reflection Question:\*\*** What burden do I need to release to Jesus today?

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### ## Day 2: Trust Over Belief

**\*\*Reading:\*\*** Hebrews 4:1-3

**\*\*Devotional:\*\***

The wilderness generation saw God part the Red Sea, provide manna daily, and guide them with a pillar of fire—yet they failed to enter God's rest. Why? They believed in God but didn't trust Him. Belief is mental acceptance; trust is wholehearted reliance. You might believe God exists and even acknowledge Jesus as Savior, but do you trust Him with your finances, your children, your future? Trust sweeps away the deepest causes of unrest—guilt, fear, and the burden of self-sufficiency. The more you trust, the more you rest. Today, examine areas where you believe God is capable but haven't actually trusted Him to act. Take one practical step of trust.

**\*\*Reflection Question:\*\*** Where am I believing without trusting?

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### ## Day 3: Your Identity Secured

**\*\*Reading:\*\*** 1 Corinthians 6:11

**\*\*Devotional:\*\***

Since Eden, humanity has been scrambling for covering—trying to justify ourselves, prove our worth, and escape our "bumness." We work tirelessly to establish significance through careers, relationships, achievements, or appearances. But the Gospel declares: "You were washed, sanctified, justified in the name of the Lord Jesus Christ." In Christ, your identity is

settled. There is nothing you can do to make God love you more, and nothing you've done that makes Him love you less. You are clean, safe, and significant—not because of your performance, but because of His grace. This truth brings profound rest. Stop working to justify yourself. You're already accepted. Today, replace one self-justifying thought with the truth of your identity in Christ.

**\*\*Reflection Question:\*\*** What am I using to justify my worth instead of Christ?

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## **## Day 4: God as Your Provider**

**\*\*Reading:\*\*** Psalm 127:1-2

**\*\*Devotional:\*\***

God designed you to need sleep and Sabbath as daily and weekly reminders: You are not God. Unless the Lord builds the house and watches the city, your anxious toil is vain. God doesn't need your exhaustion; He desires your faithfulness and trust. When you take a Sabbath—doing less than you're capable of—you create space for God to provide. When you tithe—giving what you feel you can't afford—you acknowledge God's responsibility for your needs. This isn't manipulation; it's faith. Sleep is surrender. Rest is trust. Today, identify one area where you're carrying the weight of provision that belongs to God. Practice releasing control by observing a true Sabbath this week—no work, just worship and rest.

**\*\*Reflection Question:\*\*** Am I trying to do God's job of providing and protecting?

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## **## Day 5: Making Christ Your Priority**

**\*\*Reading:\*\*** Matthew 6:33

**\*\*Devotional:\*\***

"Seek first the kingdom of God and his righteousness, and all these things will be added to you." Christ must be the priority, not the addition. When we pursue money, success, comfort, or even family before God, we lose both Him and often what we chased. But when Christ is first, He promises to provide everything else we need. There is profound rest in this arrangement—you don't have to frantically secure your future because you're honoring the One who holds your future. Today, evaluate your calendar, finances, and mental energy. What actually receives your "first fruits"? Adjust one practical area this week to put God's kingdom first—whether that's morning prayer before checking your phone, generous giving, or prioritizing corporate worship.

**\*\*Reflection Question:\*\*** What would change if Christ truly became my first priority?

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**\*\*Closing Prayer:\*\***

\*Lord Jesus, thank You for inviting me into Your rest. Forgive me for the ways I've tried to justify myself, provide for myself, and make myself significant apart from You. Teach me to trust You wholeheartedly—not just to believe facts about You, but to rest my full weight on Your promises. Help me to take my Sabbath seriously, to find my identity in You alone, and to make Your kingdom my first priority. I receive Your rest as a gift of grace. In Your name, Amen.\*