

DAY 7 – THE GIFT OF REST

SCRIPTURE: MATTHEW 11:28 DEVOTIONAL THOUGHT:

Our culture celebrates hustle, grind, and constant motion—but Jesus celebrates rest. Not the “binge a show for six hours” kind of rest, but the “My soul can breathe again” kind of rest.

Jesus doesn’t say, “Come to Me when you have it all together.” He says, “Come to Me when you’re tired.” Come to Me when you’re overwhelmed. Come to Me when you’re burnt out, stretched thin, and pretending you’re okay.

That’s the invitation. Rest is not laziness; rest is lordship. It’s the moment you say, “God, You run the universe. I don’t have to.” Revival often begins with a tired soul finally finding rest in Jesus.

REFLECTION QUESTIONS:

- What part of you feels the most drained right now?
- What keeps you from slowing down and resting in God?

PRACTICAL APPLICATIONS:

- **Unplug for 30 minutes**—no phone, no noise, just breathing and being.
- **Take a short walk** with zero agenda except awareness of God’s presence.
- **Say “no” to one thing** that is costing your peace.
- **Go to bed 30 minutes earlier** as an act of stewardship.



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PRAYER

Jesus, I'm tired, and I need Your rest. Quiet my anxious thoughts and let my soul breathe again. Teach me to rest in Your presence, not my performance. Help me slow down enough to hear Your voice. Renew me today. Amen.

