

# Home is a Place of Rest

*My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.*

Isaiah 32:18

Rest is essential to experience the abundant life God has for me. Rest is not just taking naps, getting a massage or going fishing. Rest is intentionally making space for God's peace to guide the pace of your life. Rest is clearing your mind of the racing thoughts that would cause you to feel overwhelmed and weighed down. Rest is the result of casting your cares on Him. Rest makes room for you to experience God in every are of your life so make room for rest.

## A s k Y o u r s e l f

1. Why am I struggling to rest?
2. What practical ways can I make room for rest?

## A f f i r m a t i o n

I have the right to rest knowing that God takes care of His children. Rest is not something I earn but it is a necessity for my daily function. I am capable of letting go and allowing God to lead me. I am in all ways dependent on God and I find rest in His ability.