

FINDING REST IN THE STRESS



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Key Verse: Matthew 11:28 (ESV)

“Come to me, all who labor and are heavy laden, and I will give you rest.”

OPENING REFLECTION

Stress touches every part of our lives.

Work loads up. Schedules fill up. Expectations pile up. And before long, the weight we’re carrying on the inside starts to shape everything on the outside. Proverbs tells us, *“Anxiety weighs down the heart.”* It drains us emotionally, physically, spiritually—sometimes all at once.

What’s remarkable is that Jesus lived with constant pressure—people pulling on Him, needs surrounding Him, interruptions everywhere—yet He was never overwhelmed. Never frantic. Never ruled by stress. While we often run through life over-caffeinated and under-rested, Jesus moved with peace, purpose, and margin.

Stress becomes unhealthy not simply because life is hard, but because our tanks run empty. And into our exhaustion, Jesus speaks the most gentle and life-giving invitation: *“Come to Me... and I will give you rest.”*

Rest is not something we achieve—it’s Someone we come to.

God has given us everything we need to navigate stress. If we listen closely, His Word helps us diagnose what’s draining us, so He can fill us again.

1. SOMETIMES STRESS IS A PACE ISSUE

Psalms 127:1–2 (ESV)

“In vain you rise early and stay up late... for He gives to His beloved sleep.”

Many of us live at a pace God never asked us to run.

We push harder, stay up later, and stretch ourselves thinner, believing we can hold everything together if we just keep going. But Scripture reminds us that we can work hard and still miss God if He’s not part of the building.

God designed our bodies—and our souls—to rest.

When drains consistently exceed fills, we hit empty.

And when empty becomes normal, stress becomes inevitable.

Sometimes the most spiritual thing you can do is slow down.
Not to be lazy—but to be aligned.
Rest isn't weakness. Rest is worship.

2. SOMETIMES STRESS IS A TRUST ISSUE

Psalm 37:5 (ESV)

"Commit your way to the Lord; trust in Him, and He will act."

At the root of much of our stress is fear. Fear of falling behind. Fear of not doing enough. Fear that if we don't control everything, everything will fall apart.

But trusting God with your time will never make you fall behind.
Trusting God with your responsibilities will never put you at a disadvantage.
Trust leads to peace because trust shifts the weight off your shoulders and onto His.

Your greatest stressor may actually be your greatest opportunity to grow in faith.
God invites you to hand Him the very things that keep you up at night—your schedule, your decisions, your pressures, your fears.

Commit your way to Him, and He will carry what you were never meant to hold.

3. SOMETIMES STRESS IS A RESILIENCE ISSUE

2 Corinthians 4:8–9 (ESV)

"We are afflicted in every way, but not crushed; perplexed, but not driven to despair."

The Bible is full of people who felt overwhelmed—Elijah, David, Moses, even Jesus in the garden. Stress is not a sign of spiritual immaturity; it is a reminder of our humanity.

But resilience—the ability to withstand pressure—grows from the habits we build.
Healthy spiritual rhythms like prayer, Scripture, silence, community, and rest create deep roots.
These habits don't remove stress, but they strengthen us to endure it.

Stress isn't just what happens to you. Stress is shaped by how you think about what happens to you.

And God uses the pressures of life to grow perseverance, deepen faith, and strengthen our dependence on Him.

When Christ lives in you, you may feel pressed—but you will not be crushed.

FINDING PEACE IN GOD'S PRESENCE

John 14:27 (ESV)

"My peace I give to you... Let not your hearts be troubled."

Jesus offers a peace the world cannot give—a peace not rooted in circumstances but in His presence. Silence and stillness create space to hear His voice in a loud and hurried world.

God does not ask you to carry stress alone.

He invites you to bring it to Him—daily, not just in emergencies.

Scripture is overflowing with promises for the weary soul:

- *"Let not your hearts be troubled."* (John 14:1)
- *"My peace I give you."* (John 14:27)
- *"Do not fear... I will strengthen you and help you."* (Isaiah 41:10)
- *"Cast your cares on the Lord, and He will sustain you."* (Psalm 55:22)
- *"Come to Me... and I will give you rest."* (Matthew 11:28)

Stress loses its power when we surrender its weight to the One who carries us.

CLOSING REFLECTION AND PRAYER

Lord, You see the stress I carry. You know the pressures I feel and the weight on my heart. Thank You for inviting me into Your rest. Slow my pace, deepen my trust, strengthen my resilience, and quiet my soul with Your peace. Teach me to bring every burden to You—daily, honestly, and completely. Fill me again with Your presence. In Jesus' name, amen.