Day 8 - For Rest

"Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light." — Matthew 11:28–30 (NIV)

We live in a culture that glorifies hustle and burns out people.

We push through exhaustion like it's a badge of honor. We keep grinding, even when our soul is gasping for air. But Jesus didn't say, "Come to Me and I'll give you more to do." He said, "COME TO ME, AND I WILL GIVE YOU REST." REST ISN'T LAZINESS — IT'S OBEDIENCE.

When God created the world, He worked for six days... and then He rested. Not because He was tired, but because rest was part of the rhythm He built into creation. He knew we'd need it — not just physically, but spiritually and emotionally.

If you don't make room for rest, your body will force you to. But even deeper — YOUR SOUL WILL BEGIN TO WITHER. You were never created to run nonstop. You were created to pause, breathe, and trust God to keep things going while you stop.

HERE'S HOW TO MAKE SPACE FOR REAL REST:

- PROTECT THE SABBATH — One day a week, unplug. Worship. Recharge. Spend time doing what fills your soul.
- CREATE DAILY PAUSES — Even 5–10 minutes of silence and prayer can reset your spirit.
- LEARN TO SAY "ENOUGH" — You're not God. You don't have to do it all. Rest is an act of trust.
- REST BEFORE YOU'RE EXHAUSTED — Don't wait until you're crashing. Build regular rhythms that sustain your health.
- UNPLUG TO RECHARGE — Step away from noise, screens, and scrolling. Rest doesn't come through more input — it comes through stillness.

You're not designed to run nonstop. Rest isn't optional — it's essential.