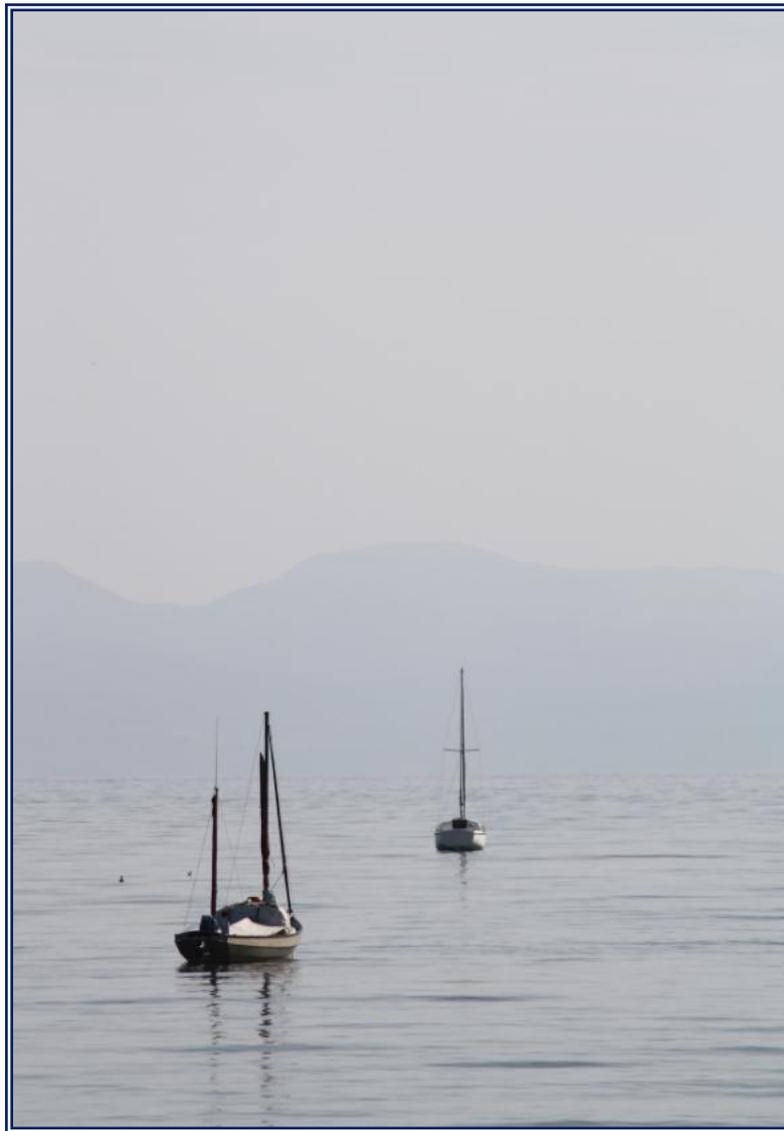


A Little Book of Rest



"Be still and know that I am God"

Psalm 46:10

When was the last time you stopped rushing around? Do you ever have a moment to yourself? How does it feel, constantly “doing” things? Is there more to life than this?

Well, the good news is “Yes”! Life is so much more than just being busy...

“I have come that they may have life, and have it to the full.”

John 10:10

God did not want us to be constantly busy; in fact, He gave us a model of how to live our lives...



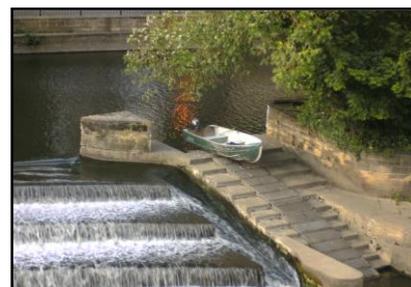
“And on the seventh day God finished his work ... and He rested...”

Genesis 2:2-3

Throughout His ministry, Jesus encouraged His disciples to take time away from the business of the day, to rest and regain their strength.

And he said to them, “Come away by yourselves to a desolate place and rest a while.”

Mark 6:31



Even Jesus put His head down!



“And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but He [Jesus] was asleep!”

Matthew 8:24

We are all encouraged to stop, to take some time and to rest...



"...Come to me, all who labour and are heavy laden, and I will give you rest"

Matthew 11:28-29

"The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul..."

Psalm 23

The Lord knows all about us; He knows what we need...



*The angel of the Lord came back a second time and touched him and said,
"Get up and eat, for the journey is too much for you."*

1 Kings 19:7



If you are worried, afraid or weary, then *pray*. Let all your burdens go and rest in the peace that passes all understanding..



"Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful.

John 14:27

You will be given the strength that you need...

"He gives strength to the weary... those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:20- 31



Here are some prayers you may find helpful:

Loving God, my life feels like a whirlwind. I don't have any time to rest or relax and I am so tired. Sometimes, I am too tired even to sleep. Please help me to let go and accept that the world can spin without me for a while! Please help me to rest.



Heavenly Father, sometimes I get so anxious that I just can't "switch off". I am so worried about all these things _____
[*list your worries here*]. Let me leave them with You, so that I can have peace in my heart.

Dear God, please help me to remember that You are all that I need. All the things that I have on my "to do list", I place in Your loving hands. All the things I should have done or could have done, I let go and leave with You. Right now, just for a moment, I will let the world be as it is and I will be exactly who I am. I will rest in You, knowing that You love me as Your precious child.



Lord Jesus, You know exactly what it feels like to be tired. You know me inside and out, when I wake up and when I lay down to sleep. Thank you for being with me throughout my day, and I ask that You give me your peace now as I sleep and renew my strength.

Amen.