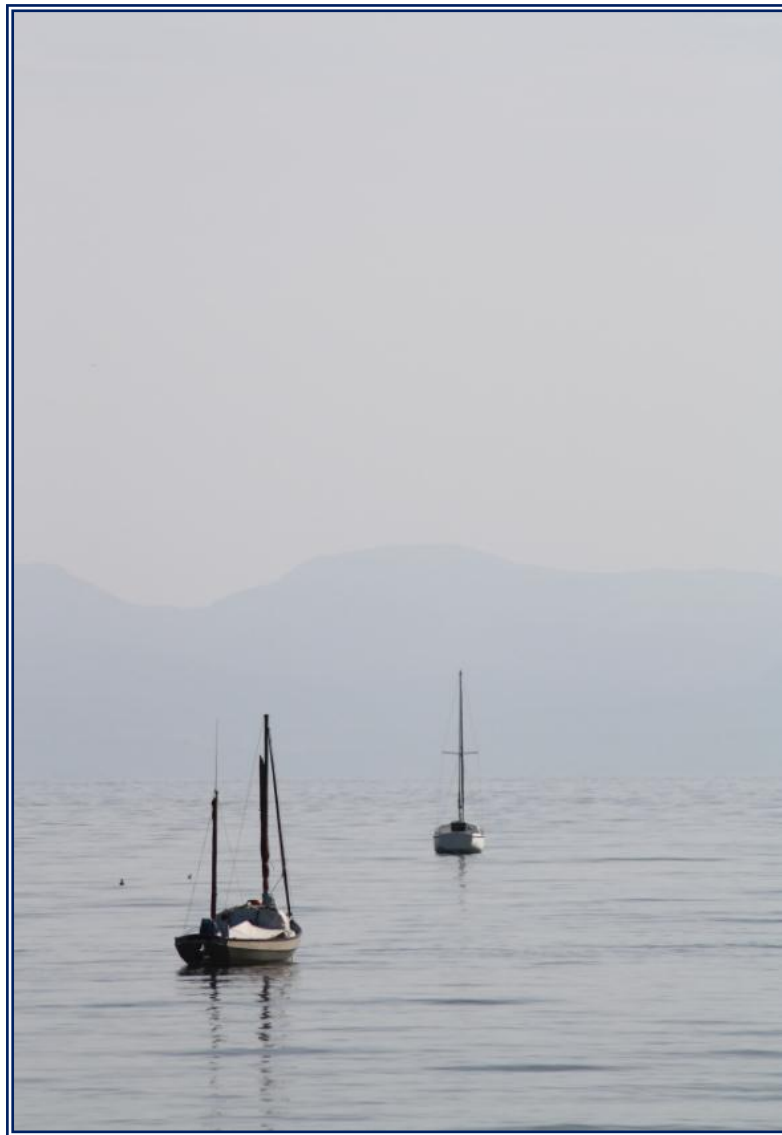


# *A Little Book of Rest*



***"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...**



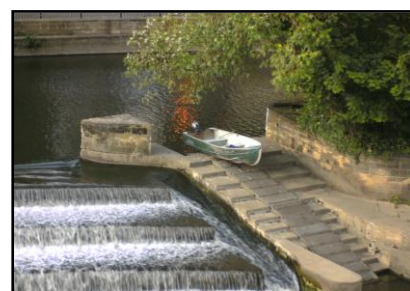
*“And on the seventh day God finished his work ... and He rested...”*

Genesis 2:2-3

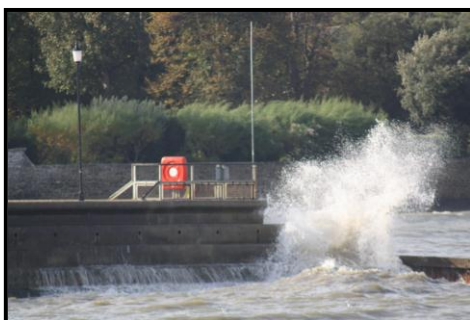
**Throughout His ministry, Jesus encouraged His disciples to take time away from the business of the day, to rest and regain their strength.**

*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...**

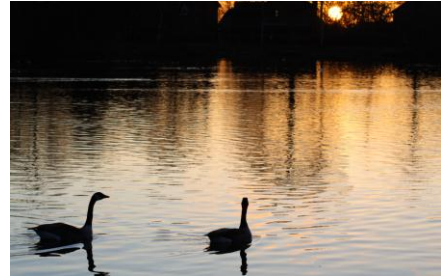
*"He gives strength to the weary... those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

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.**