

REST  
GUIDE



THIS IS THE WAY

READ  
MATTHEW  
11:28 - 30:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (NIV)

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (The Message)

**ASK:**

*Am I weary?*

*Exhausted?*

*Worn out?*

*Am I too busy to notice?*

**PRAY:**

*Jesus, I invite you into my tiredness.*

*Teach me to walk at your pace.*

## **ASK:**

*Is there anything I am carrying that I need to give to Jesus?*

## **PRAY:**


*Jesus, I give everyone and everything to you.  
Jesus, I give everyone and everything to you.*

## **ASK:**

*Am I busy?  
Or hurried?*

## **PRAY:**

*Who do I know who is anxious, busy,  
stressed, troubled, or weary? Pray for them.  
Send them a text or message to let them  
know you are praying for them.*



JESUS,  
I NEED MORE  
OF YOU.  
FILL ME WITH  
YOUR LIFE.