

# 6 WAYS TO REST IN GOD THIS WEEK

(CLICK THE CROSS FOR EXTRA RESOURCES)

## Morning Reflection & Prayer



- Begin your day with a few minutes of quiet prayer or meditation.
- Reflect on a Bible verse, devotional, or an inspiring thought.
- Set an intention for the day focused on gratitude and peace.

## Sabbath Moments



- Even if you can't take a full sabbath, dedicate small "sabbath moments" throughout your day.
- Pause for 5-10 minutes to breathe, pray, or simply rest in God's presence.
- Use these moments to reconnect with your faith and release stress.

## Engage with Scripture



- Read a Psalm or a chapter from the Bible.
- Listen to an audio Bible while commuting or doing chores.
- Write down a meaningful verse and keep it where you'll see it during the day.

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## Nature Walks and Creation



- Spend time outdoors, observing the beauty of God's creation.
- Take a walk in silence, using the time to reflect, pray, or just be still.
- Let nature remind you of God's presence and the peace He offers.

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## Breathing and Stillness



- Practice deep breathing exercises while meditating on God's peace.
- Sit in silence for a few minutes, allowing yourself to just "be" with God.
- Let go of worries and surrender them to Him.