DEVOTIONAL COMPANION

WHILE WE'RE RESTING

A 60-Day Scripture and Prayer Companion

All about Him.

FaythFilled™

How to use this devotional

This is not a calendar. There is no Day 1 you are behind on. Start today, read one entry at a time, in any order, though they are built to be read in sequence. **Missed a day? Just open the next one.** There are no streaks to protect and no guilt for a week you could not get to.

Keep your Bible open. Each entry does not reprint the passage. It sends you to read it first, in your own Bible, in whatever translation you already trust. **Recommended Bible for personal reading: English Standard Version (ESV). You may also use another Bible translation; wording may differ.**

Each entry follows one short shape, on purpose, so you never have to learn something new when you are tired: **Read**, **Notice**, **Rest in it**, **Pray**. Some days you will sit for ten minutes. Some days thirty seconds is honest, and that is enough. If you are in a hard season, you are not expected to read your way out of it. Every tenth day carries one small, practical line for exactly that. You are not alone.

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Movement

Permission to Stop

Days 1-10

Day 1 · The Seventh Day

Read: Genesis 2:2-3, in your own Bible.

Notice: God did not rest because He was tired. He rested because the work was finished and good, and rest was the last part of a very good week, not an afterthought to it. He blessed the seventh day before anyone had rested on it.

Rest in it: What would it mean to stop today not because you have earned it, but because it is already blessed?

Pray: Lord, You rested first. Teach me to receive this day instead of justifying it. Amen.

Day 2 · A Face That Goes With You

Read: Exodus 33:14, in your own Bible.

Notice: Moses had just asked God a frightened question about the road ahead. God's answer was not a plan. It was a promise of presence, and then, almost as an afterthought, rest.

Rest in it: Where are you asking God for a plan, when what you actually need first is His presence?

Pray: Lord, go with me. I will let the plan come later. Amen.

Day 3 · A Command for the Ox Too

Read: Exodus 23:12, in your own Bible.

Notice: This command for rest includes the ox, the donkey, the servant, and the stranger. Sabbath was never only for the person at the top who could afford to stop. It was written to protect everyone under pressure, including you.

Rest in it: Who around you also needs permission to stop, and might your own resting give them room to as well?

Pray: Lord, thank You that rest was never a privilege for the strong alone. Amen.

Day 4 · As the Lord Your God Commanded You

Read: Deuteronomy 5:14, in your own Bible.

Notice: By the time Moses repeats the Ten Commandments here, Israel has known forty years of wandering. Even then, rest is still commanded, not merely suggested for the easy seasons.

Rest in it: Is there a season you are currently in where you have quietly decided rest does not apply to you right now?

Pray: Lord, this command did not come with an exception for hard years. Help me believe it still holds. Amen.

Day 5 · Beside Still Waters

Read: Psalm 23:2-3, in your own Bible.

Notice: The shepherd makes the sheep lie down. Sheep that are anxious or overgrazed will not rest on their own, even in a green field. Sometimes the Shepherd's care looks like being made to stop.

Rest in it: Is there a place of plenty in your life right now that you have not actually let yourself lie down in?

Pray: Good Shepherd, make me lie down where You have already led me. Amen.

Day 6 · A Desolate Place

Read: Mark 6:31, in your own Bible.

Notice: Jesus says this to His disciples right after they return from ministry so full they did not have time to eat. He does not wait for a natural lull. He creates the rest Himself, because they would not have taken it on their own.

Rest in it: If Jesus were standing in front of your calendar this week, what would He cancel first?

Pray: Lord, I would not have stopped on my own. Thank You for making the space. Amen.

Day 7 · Bread of Angels, Food Enough

Read: 1 Kings 19:5-7, in your own Bible.

Notice: Elijah has just asked God to let him die. God's first response is not a sermon. It is sleep, and then food, twice, before a single word is spoken about what is wrong.

Rest in it: What would it look like to let your body's needs be met before you try to fix what is in your heart?

Pray: Lord, meet the exhausted parts of me before You ask anything else of me. Amen.

Day 8 · While You Slept

Read: Psalm 127:2, in your own Bible.

Notice: The psalm does not say work is wrong. It says working anxiously, late into the night, to build something only God can secure, is wasted effort. Sleep itself is named a gift, not a weakness.

Rest in it: What are you currently losing sleep trying to secure that was never yours to hold up alone?

Pray: Lord, what You love, You give to Your beloved even while they sleep. Let me believe that tonight. Amen.

Day 9 · A Rest Still Waiting

Read: Hebrews 4:9-10, in your own Bible.

Notice: This Sabbath rest is described as something that still remains, future tense, for the people of God. It is tied to resting from our own works the way God rested from His, not to a day on a calendar.

Rest in it: What "work" are you still striving in that Jesus has already finished?

Pray: Lord, let me rest from my own works the way You rested from Yours, because it is already done. Amen.

Day 10 · Come to Me

Read: Matthew 11:28-30, in your own Bible.

Notice: Jesus does not say the yoke disappears. He says His yoke is easy and His burden is light, and that we carry it together with Him. Rest, here, is not the absence of a load. It is who carries it with you.

Rest in it: What would change if you stopped trying to carry today's weight alone and let it be shared?

Pray: Lord Jesus, I come, weary and heavy-laden. Give me the rest You promised. Amen.

> **If this season is genuinely hard, not just tired:** a trusted pastor, counselor, or doctor can carry weight a devotional cannot. Reaching out is not a failure of faith.

Movement

Quiet Before Him

Days 11-20

Day 11 · For God Alone

Read: Psalm 62:5-6, in your own Bible.

Notice: The psalmist does not say his soul found rest. He commands it to. Waiting on God, here, is an act of the will before it is a feeling, chosen on purpose rather than waited for.

Rest in it: What would it look like today to tell your own soul to be still, rather than waiting to feel calm first?

Pray: Lord, my soul, wait in silence for You alone. Amen.

Day 12 · A Weaned Child

Read: Psalm 131:2, in your own Bible.

Notice: A weaned child is not asleep or distracted. The child is simply with the mother, no longer demanding, just present. That is the picture the psalmist chooses for his own soul before God.

Rest in it: Is there a demand you are bringing to God today that He is inviting you to simply set down and sit with Him instead?

Pray: Lord, calm my soul like a child who is content just to be near You. Amen.

Day 13 · Hope Renewed Each Morning

Read: Lamentations 3:25-26, in your own Bible.

Notice: This verse sits inside a book written from the ruins of a destroyed city. Hope here is not denial of what is broken. It is a decision to wait quietly for the Lord's salvation in the middle of real grief.

Rest in it: Can you name one thing that is actually broken right now, and still choose to wait quietly for God inside it, rather than around it?

Pray: Lord, it is good to wait quietly for You, even now. Amen.

Day 14 · He Will Quiet You With His Love

Read: Zephaniah 3:17, in your own Bible.

Notice: This verse pictures God not only rescuing His people but rejoicing over them with singing. The God who quiets you with love is not a distant judge holding His breath, waiting for you to improve.

Rest in it: What changes if you believe, even for a minute, that God delights in you right now rather than once you fix something?

Pray: Lord, quiet me with Your love, the way this verse says You do. Amen.

Day 15 · A Low Whisper

Read: 1 Kings 19:11-13, in your own Bible.

Notice: God is not in the wind, the earthquake, or the fire, all of them dramatic and loud. He speaks in a low whisper, and Elijah has to go quiet enough to hear it.

Rest in it: What noise in your life, even good noise, might be making it harder to hear the low whisper?

Pray: Lord, quiet me enough to hear You in the whisper, not only in the thunder. Amen.

Day 16 · Be Still Before the Lord

Read: Psalm 37:7, in your own Bible.

Notice: This instruction comes right after a warning against fretting over people who prosper through wrong means. Stillness here is not passivity. It is choosing not to let someone else's apparent success set the pace of your own heart.

Rest in it: Whose pace or success are you currently fretting over instead of being still before the Lord?

Pray: Lord, still my heart before You, especially where I am comparing. Amen.

Day 17 · The One Thing Necessary

Read: Luke 10:39-42, in your own Bible.

Notice: Martha is not condemned for working. She is gently told that Mary, who stopped to simply sit and listen, chose the one thing that would not be taken from her.

Rest in it: What is your "much serving" right now, and is there a Mary option sitting right beside it that you keep walking past?

Pray: Lord, let me choose the one thing necessary today, sitting with You. Amen.

Day 18 · Remembering Him in the Night

Read: Psalm 63:6-7, in your own Bible.

Notice: David writes this psalm in a wilderness, fleeing for his life, and still describes remembering God through the night watches and resting under the shadow of His wings.

Rest in it: What would it look like to remember God specifically during your own sleepless hours, instead of only during your calm ones?

Pray: Lord, be my help, and let me sing in the shadow of Your wings tonight. Amen.

Day 19 · In Peace I Will Lie Down

Read: Psalm 4:8, in your own Bible.

Notice: The psalm says sleep comes because the Lord alone makes the psalmist dwell in safety, not because every circumstance outside has been resolved. Peace and unresolved problems are allowed to coexist in the same verse.

Rest in it: What unresolved circumstance are you waiting to be fixed before you will let yourself sleep in peace tonight?

Pray: Lord, You alone make me dwell in safety. Let that be enough tonight. Amen.

Day 20 · Perfect Peace

Read: Isaiah 26:3, in your own Bible.

Notice: The peace promised here is tied to a mind that stays fixed on God, not to a mind that has stopped thinking altogether. It is a direction for attention, not an empty head.

Rest in it: Where could you gently redirect your attention today, the next time it drifts toward worry, back toward trust?

Pray: Lord, keep my mind fixed on You, and keep me in perfect peace. Amen.

> **If this season is genuinely hard, not just tired:** it is alright to tell one safe person exactly how heavy today is. You were not made to hold it in silence alone.

Movement

God With Us

Days 21-30

Day 21 · A Great Light

Read: Isaiah 9:2, in your own Bible.

Notice: This promise was spoken to a people walking in real darkness, under real threat, generations before it was fulfilled. The light did not appear because the darkness ended first. It came into the darkness while it was still dark.

Rest in it: Where in your life is the darkness not yet over, and what would it mean to expect light to come into it rather than after it?

Pray: Lord, let the great light dawn on whatever is still dark in me. Amen.

Day 22 · Wonderful Counselor

Read: Isaiah 9:6, in your own Bible.

Notice: Every title in this verse describes a child who has not yet been born when Isaiah writes it. Counselor, Mighty God, Everlasting Father, Prince of Peace, all spoken in advance, over a baby.

Rest in it: Which of these titles do you most need to lean on right now: Counselor, Mighty God, Everlasting Father, or Prince of Peace?

Pray: Lord Jesus, be for me today whichever of these names I most need. Amen.

Day 23 · God With Us

Read: Matthew 1:23, in your own Bible.

Notice: Within his birth narrative, as the angel explains Mary's pregnancy to Joseph, Matthew stops to explain this name directly: Immanuel means God with us. The writer wants there to be no ambiguity about what just happened.

Rest in it: Is there a place in your life right now where you have quietly started acting as if God is with everyone else but not with you there?

Pray: Lord, You are Immanuel. Be with me, specifically, today. Amen.

Day 24 · Good News of Great Joy

Read: Luke 2:10-11, in your own Bible.

Notice: The angel's first words to the shepherds are "fear not." Only after calming them does he announce the birth. Good news, here, begins by addressing fear before delivering content.

Rest in it: What fear is standing between you and actually hearing the good news today?

Pray: Lord, calm my fear first, so I can actually receive the good news. Amen.

Day 25 · The Word Became Flesh

Read: John 1:14, in your own Bible.

Notice: John does not say the Word visited flesh or borrowed it for a while. The Word became flesh, permanently joining Himself to what it means to be human, including its weariness.

Rest in it: How does it change your tiredness to know Jesus became flesh and knows what tired actually feels like from the inside?

Pray: Lord, thank You that You did not stay distant from what it costs to be human. Amen.

Day 26 · Treasured and Pondered

Read: Luke 2:19, in your own Bible.

Notice: Mary does not rush to explain what just happened to her. She treasures these things and ponders them in her heart, holding the mystery rather than resolving it immediately.

Rest in it: Is there something God has done in your life recently that you have not yet simply sat with, the way Mary did?

Pray: Lord, let me treasure and ponder, rather than always needing to explain. Amen.

Day 27 · He Shall Be Their Peace

Read: Micah 5:4-5, in your own Bible.

Notice: This promised ruler will shepherd his people in the strength of the Lord, and the text says plainly, “he shall be their peace.” Not bring peace as a byproduct. Be it, Himself.

Rest in it: Are you currently looking for peace in a circumstance changing, when the invitation is to find it in a Person instead?

Pray: Lord, be my peace today, not just the giver of it. Amen.

Day 28 · The Fullness of Time

Read: Galatians 4:4-5, in your own Bible.

Notice: God did not send His Son the moment history began. He waited for the fullness of time, a moment He chose, that looked like delay to everyone waiting inside it.

Rest in it: What in your life currently feels delayed that might actually be waiting for its own fullness of time?

Pray: Lord, You move in Your own timing. Help me trust the waiting I cannot see the reason for. Amen.

Day 29 · Not Because of Works

Read: Titus 3:4-5, in your own Bible.

Notice: This salvation came because of God's own mercy, the text says plainly, not because of works done in righteousness. The goodness and loving kindness of God appeared before anyone had earned a thing.

Rest in it: Where might you be quietly trying to earn what this verse says was already a gift before you did anything?

Pray: Lord, thank You that it was never about my works. Let me rest in that today. Amen.

Day 30 · To Guide Our Feet Into the Way of Peace

Read: Luke 1:78-79, in your own Bible.

Notice: Zechariah's prophecy pictures the sunrise from on high visiting those sitting in darkness and the shadow of death, specifically to guide their feet, step by step, into peace.

Rest in it: What is the next single step, not the whole path, that God might be guiding your feet toward today?

Pray: Lord, guide my feet into the way of peace, one step at a time. Amen.

> **If this season is genuinely hard, not just tired:** the Christmas season can be heavier than it looks from the outside for many people. If that is you this year, it is alright to say so to someone who loves you.

Movement

Held When Weary

Days 31-40

Day 31 · He Does Not Faint or Grow Weary

Read: Isaiah 40:28-29, in your own Bible.

Notice: The passage names God's own tirelessness first, and only then turns to His gift of strength to the weary. His endurance is the ground for yours, not a comparison that shames your limits.

Rest in it: What would change if you stopped treating your own tiredness as a failure and started treating it as the exact place this verse was written for?

Pray: Lord, You do not faint or grow weary. Give power to my weary places today. Amen.

Day 32 · He Who Keeps You Will Not Slumber

Read: Psalm 121:3-4, in your own Bible.

Notice: The psalm repeats the idea of not slumbering twice in two verses, as if to make absolutely sure the reader does not miss it. Israel's keeper is never caught off guard, resting while you cannot.

Rest in it: What are you currently staying awake to watch over that God is already watching, wide awake, on your behalf?

Pray: Lord, You neither slumber nor sleep. Let me actually sleep, trusting that You are awake. Amen.

Day 33 · The Lord Is Near the Brokenhearted

Read: Psalm 34:18, in your own Bible.

Notice: This verse does not say God is near once the brokenhearted feel better. He is near them in the breaking itself, and saves those crushed in spirit while they are still crushed.

Rest in it: Is there a broken place you have been hiding, believing God's nearness waits for you to heal first?

Pray: Lord, be near me in this, not only after it. Amen.

Day 34 · When You Pass Through the Waters

Read: Isaiah 43:1-2, in your own Bible.

Notice: God does not promise to keep His people out of the waters and the fire. He promises to be with them through both, which means the hard passage was always part of the plan, not a failure of it.

Rest in it: What waters are you currently in that you assumed meant God had let go, rather than meant He was with you through them?

Pray: Lord, when I pass through, be with me, as You promised. Amen.

Day 35 · Underneath Are the Everlasting Arms

Read: Deuteronomy 33:27, in your own Bible.

Notice: This blessing over Israel pairs a refuge above with arms underneath, a picture of being held on every side, including the side you cannot see holding you up.

Rest in it: Where do you need to believe today that you are being held from underneath, even when you cannot feel the arms?

Pray: Lord, let me rest in the everlasting arms I cannot always feel but can always trust. Amen.

Day 36 · Casting All Your Anxieties on Him

Read: 1 Peter 5:7, in your own Bible.

Notice: The instruction to cast your anxieties on God is grounded in a reason given in the same breath: because He cares for you. The casting is not a technique. It rests on His actual care.

Rest in it: What specific anxiety could you name and hand over today, trusting the reason this verse gives rather than your own strength to carry it?

Pray: Lord, I cast this on You, because You care for me. Amen.

Day 37 · You Have Kept Count of My Tossings

Read: Psalm 56:8, in your own Bible.

Notice: David pictures God so attentive to his suffering that He counts his restless nights and collects his tears in a bottle, keeping a record of what others might never notice.

Rest in it: What quiet suffering have you assumed no one is counting, that this verse says God has already recorded?

Pray: Lord, thank You for counting what I thought no one saw. Amen.

Day 38 · My Grace Is Sufficient for You

Read: 2 Corinthians 12:9, in your own Bible.

Notice: Paul asked three times for his weakness to be removed. God's answer was not removal. It was sufficient grace, and the promise that His power is made perfect in exactly that weakness.

Rest in it: What weakness have you been asking God to remove that He might instead be asking you to let His power show through?

Pray: Lord, let Your grace be sufficient for me, and Your power made perfect in my weakness. Amen.

Day 39 · The Strength of My Heart

Read: Psalm 73:26, in your own Bible.

Notice: The psalmist admits his own flesh and heart may fail. He does not pretend otherwise. His confidence rests entirely in God as the strength and portion that remains when his own does not.

Rest in it: What part of you feels like it might be failing right now, and what would it mean to let God be its strength instead of hiding that it is failing?

Pray: Lord, when my heart and flesh fail, be the strength of my heart. Amen.

Day 40 · Even to Gray Hairs

Read: Isaiah 46:4, in your own Bible.

Notice: This promise spans an entire life, from birth to old age, with God naming Himself the One who carries, bears, and will save, all the way to gray hairs. His carrying is not a short-term rescue.

Rest in it: What makes you believe God's carrying has an expiration date that this verse does not actually give it?

Pray: Lord, carry me now, and carry me still, even to gray hairs. Amen.

> **If this season is genuinely hard, not just tired:** chronic weariness that will not lift with rest can sometimes be a medical or mental health question, not only a spiritual one. A doctor's care and God's care are not in competition.

Movement

Quietly Renewed

Days 41-50

Day 41 · New Every Morning

Read: Lamentations 3:22-23, in your own Bible.

Notice: This verse about mercy being new every morning is spoken from the middle of the same devastated city as Day 13's reading. The writer does not wait for the ruins to clear before naming God's faithfulness.

Rest in it: What would it look like to receive today's mercy as genuinely new, rather than as yesterday's leftover?

Pray: Lord, great is Your faithfulness. Thank You for mercy that is new this morning. Amen.

Day 42 · Restore to Me the Joy

Read: Psalm 51:10-12, in your own Bible.

Notice: David asks for a clean heart and a willing spirit after his failure with Bathsheba, not before it. Renewal here follows honest confession, not a performance of having it together first.

Rest in it: Is there something you need to name honestly before God before you can genuinely ask Him to restore your joy?

Pray: Lord, create in me a clean heart, and restore to me the joy of Your salvation. Amen.

Day 43 · A New Thing

Read: Isaiah 43:18-19, in your own Bible.

Notice: God tells His people to stop dwelling on the former things, the things He Himself did, because He is about to do a new thing. Even good history can become something that keeps you from the next thing God is doing.

Rest in it: Is there a former season, even a good one, that you are holding onto so tightly it is keeping you from noticing something new?

Pray: Lord, open my eyes to the new thing You are doing, even now. Amen.

Day 44 · Renewed Day by Day

Read: 2 Corinthians 4:16, in your own Bible.

Notice: Paul admits his outer self is wasting away in the same sentence where he says his inner self is being renewed, day by day. Both things are true for him at once, without contradiction.

Rest in it: What outward decline are you tempted to see as the whole story, when an inward renewal might be happening at the same time?

Pray: Lord, renew my inner self today, even where the outer one is tired. Amen.

Day 45 · Reviving the Soul

Read: Psalm 19:7, in your own Bible.

Notice: The psalmist credits God's law, His word, with reviving the soul, not merely informing the mind. Scripture is described here as something that brings a tired soul back to life.

Rest in it: When was the last time you let a passage of Scripture actually revive something in you, rather than just reading past it?

Pray: Lord, let Your word revive my soul today. Amen.

Day 46 · Like a Tree Planted by Streams

Read: Psalm 1:2-3, in your own Bible.

Notice: The tree in this image does not strain for fruit. It is simply planted by water, and the fruit comes in its season because of where it is rooted, not because of how hard it works.

Rest in it: Are you currently straining for fruit that would come more naturally if you focused instead on where you are rooted?

Pray: Lord, plant me by Your streams, and let the fruit come in its season. Amen.

Day 47 · Abide in Me

Read: John 15:4-5, in your own Bible.

Notice: Jesus says the branch cannot bear fruit by itself, only by abiding in the vine. Fruitfulness is explicitly made impossible apart from that connection, not just harder.

Rest in it: Where have you been trying to bear fruit disconnected from abiding, as if effort alone could substitute for staying attached to the vine?

Pray: Lord Jesus, let me abide in You today, and let the fruit be Yours to grow. Amen.

Day 48 · A New Heart

Read: Ezekiel 36:26, in your own Bible.

Notice: God promises to remove a heart of stone and give a heart of flesh. This is not described as self-improvement. It is a replacement, done by God, not achieved by the one receiving it.

Rest in it: What stony place in you have you been trying to soften yourself, when this verse says it is God's work to give, not yours to manufacture?

Pray: Lord, give me a new heart and a new spirit, as only You can. Amen.

Day 49 · Let Us Press On to Know the Lord

Read: Hosea 6:3, in your own Bible.

Notice: This verse compares God's coming to us to rain, certain and appointed, not something that has to be forced or earned by our pressing on. The pressing on is a response to His coming, not a cause of it.

Rest in it: Where might you be pressing hard to make something happen that is actually as certain and appointed as the rain, if you would let it come?

Pray: Lord, let me know You, pressing on toward You who comes like certain rain. Amen.

Day 50 · Hope in God

Read: Psalm 42:5, in your own Bible.

Notice: The psalmist speaks directly to his own soul, asking why it is downcast, and then answers himself by commanding it to hope in God. He talks to his own sadness rather than simply being swept along by it.

Rest in it: What would it sound like for you to speak directly to your own discouragement today, the way this psalmist does?

Pray: Lord, why are you cast down, O my soul? Hope in God, for I shall again praise Him. Amen.

> **If this season is genuinely hard, not just tired:** renewal is often slower than we want it to be, and that is not a sign it is not real. Keep people around you who can remind you of that when you forget.

Movement

Sent Out Gently

Days 51-60

Day 51 · Fullness of Joy

Read: Psalm 16:11, in your own Bible.

Notice: The psalmist locates fullness of joy specifically in God's presence, not in whatever comes next in life. Being sent back into daily life does not mean leaving that presence behind.

Rest in it: As you think about returning to your ordinary days, what would it mean to carry this fullness of joy with you rather than leaving it behind in the rest?

Pray: Lord, make known to me the path of life, full of joy in Your presence. Amen.

Day 52 · Rising Before Daybreak

Read: Mark 1:35, in your own Bible.

Notice: Jesus rises early to pray before a day that will be full of crowds and demands. Quiet time here is not opposed to a busy life. It is what makes the busy life possible to carry well.

Rest in it: What would an early, quiet start to your returning days actually look like for you, realistically, not ideally?

Pray: Lord, let me meet with You before the day asks anything of me. Amen.

Day 53 · Teach Us to Number Our Days

Read: Psalm 90:12, in your own Bible.

Notice: This prayer asks God to teach a right accounting of our days, so that we might gain a heart of wisdom, tying how we use time directly to wisdom, not just productivity.

Rest in it: What would wisdom, rather than mere productivity, actually ask you to do with your days going forward?

Pray: Lord, teach me to number my days, that I may get a heart of wisdom. Amen.

Day 54 · Search Me, O God

Read: Psalm 139:23-24, in your own Bible.

Notice: David invites God to search him and know his anxious thoughts, inviting examination rather than avoiding it, and asks to be led in the way everlasting, not just the way comfortable.

Rest in it: What is one thing you would genuinely want God to search in you as you step back into your regular life?

Pray: Lord, search me and know my heart, and lead me in the way everlasting. Amen.

Day 55 · A Watered Garden

Read: Isaiah 58:11, in your own Bible.

Notice: This promise of being like a watered garden and a spring whose waters never fail comes right after a passage about caring for the hungry and the afflicted. Renewal and service are joined in the same breath, not separated.

Rest in it: How might the rest you have just had actually equip you to pour out for others, rather than being the opposite of it?

Pray: Lord, make me like a watered garden, so that I have something to give again. Amen.

Day 56 · Leaving the Ninety-Nine

Read: Luke 15:4-7, in your own Bible.

Notice: The shepherd does not scold the lost sheep for wandering. He goes after it, and when he finds it, he carries it home rejoicing, then calls his friends to celebrate rather than simply moving on.

Rest in it: Is there someone you have been meaning to go after, the way this shepherd does, once you return to your regular rhythms?

Pray: Lord, thank You for coming after me. Teach me to go after others the same way. Amen.

Day 57 · Feed My Sheep

Read: John 21:15, in your own Bible.

Notice: Jesus restores Peter not with a lecture about his denial, but with a question about love, followed by a task. Being sent out again begins with love confirmed, not guilt assigned.

Rest in it: What has Jesus actually asked you to do, not out of guilt for what you have not done, but out of love confirmed?

Pray: Lord, You know that I love You. Send me back out from that love, not from guilt. Amen.

Day 58 · His Steps Are Established

Read: Psalm 37:23-24, in your own Bible.

Notice: This verse names stumbling as a real possibility even for the one whose steps the Lord has established, and promises not that the fall will be avoided but that the Lord will hold his hand.

Rest in it: Where do you need to hear that stumbling again, once you return to daily life, will not mean God has let go of your hand?

Pray: Lord, if I stumble, hold my hand, and do not let me be cast headlong. Amen.

Day 59 · The Lord Bless You and Keep You

Read: Numbers 6:24-26, in your own Bible.

Notice: This blessing was given to the priests to speak over Israel, not as a wish but as an official word placed over the people in God's own name. It was meant to be received, not just heard.

Rest in it: What would it mean to actually receive this blessing today as spoken over you by name, rather than letting it pass as familiar words?

Pray: Lord, bless me and keep me. Make Your face shine on me and be gracious to me. Amen.

Day 60 · Your Going Out and Your Coming In

Read: Psalm 121:8, in your own Bible.

Notice: This psalm of ascents, likely sung by travelers heading toward Jerusalem, ends by naming both directions: going out and coming in, both watched over, from this time forth and forevermore.

Rest in it: As this season of rest gives way to your ordinary going out and coming in again, what from these sixty days do you want to carry with you?

Pray: Lord, watch over my going out and my coming in, from this time forth and forevermore. Amen.

> **If this season is genuinely hard, not just tired:** returning to ordinary life after rest can stir up its own grief or fear. That is a normal, human thing to feel, and it is alright to talk about it with someone who knows you well.

A closing blessing

Whatever brought you to these sixty days, and whatever you are carrying as you close this one, you were never meant to carry it alone, and you were never required to earn the rest you have just been given. The God who rested first, who kept count of your tossings, who sends mercy new every morning, goes with you now into whatever comes next. He has not run out of grace for the ordinary Tuesday ahead of you any more than He ran short of it here. Go gently. Go held. For the ONE. Always. 💛

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