

# Personal DailyWalk

Rest! Summer is just about over. School is getting ready to start. I hope you have had an opportunity to find some rest, relaxation, and rejuvenation this summer. Let's take one more week to reflect on what God says about rest.



## August 7-13, 2017

**Monday: Genesis 2:2-3** What do these verses tell you about what God values? Pray for God to open your spirit to where His heart wants for you.

**Tuesday: Mark 6:31** Do you ever feel like this? Everyone wants a piece of you and all you want is a little break. Pray about finding rest during those times. Now finish reading through verse 44; yikes! Rest is important, but sometimes the ministry in front of you becomes more important. For me, this discernment is one of the hardest things I have to do. I almost invariably give up my rest for what I think is important ministry in front of me. Pray for God's heart of compassion to show you when your rest is important and when the need in front of you is important.

**Wednesday: Deuteronomy 25:19** Interestingly, when I was searching the Bible for rest, I noticed many verses in the Old Testament referred to God giving rest from their enemies. I guess in Old Testament times, the Israelites were in a very physical war. Are there times right now that you feel like you are in a war? Maybe a spiritual war? Maybe a physical war of your own making? Pray for the rest God promises so that you may be refreshed and rejuvenated for the next 'war' you may encounter.

**Thursday: Matthew 11:28-29** Pray in this promise from God, our Father, through His Son, our Savior, and through the Holy Spirit that has been given to us.

**Friday: Job 3:26** Have you experienced the despair as Job? Have you been that far down the pit of exhaustion? Did you miss seeing God at work during that time? Where did you go for relief? Now read Job 42:1-6 and reach out to God, recognizing that His sovereignty can bring you out of this pit and into His light.

**Saturday: Matthew 26:45** This verse kind of makes me think of Ecclesiastes 3:1, *For everything there is a season, and a time for every matter under heaven.* Not that it specifically talks about rest, but it does talk about there being a time for everything, and for me, that means rest. I am guessing that this is probably the last weekend of really being able to have some rest before the start of the school year. Were you able to take time to not only rest, but to reconnect with God this summer? Did you find your soul rest under the arms of Christ? Today, take some time alone with God and share your hopes, dreams, worries, and concerns about this coming fall season, and find the true rest God has



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awaiting you.

**Sunday: Hebrews 4:1-13** Where is your trust right now? Trusting in your own ability to get you through this life and into the next? Or trusting in the truth of a Savior who will not only give you rest in this life, but also eternal rest with the Father. Pray for a heart and faith that leads to the Father through the Son and Holy Spirit.

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