

A Day of Rest with the Lord



Morning: Gentle Start with the Lord

- Wake slowly & pray first thing – before reaching for your phone, whisper a prayer of gratitude and ask Him to cover
- Scripture meditation – read one Psalm or Proverb slowly, journaling what stands out.
- Worship moment – put on a quiet worship playlist while you sip your coffee or tea. Let the music set the tone for peace.



Midday: Nourish & Restore in His Presence

- Prayer walk – as you get outside for fresh air, talk with Him like a friend. Notice His creation and thank Him for specific blessings.
- Journal with Jesus – write down what's been heavy on heart, Then flip the page and write promises from Scripture that speak life over those areas.



Afternoon: Joyful Escape with God's Delight

- Creative worship – paint, garden, bake, or do something fun while inviting the Lord into it. Remind yourself He delights in you.
- Quiet time reset – take 20 minutes of silence with your Bible open, simply being still and letting His peace wash over you.



Evening: Grounded & Rested in His Word

- Family devotion (or solo reflection) – read a passage out loud (uplifting options: Isaiah 40, Matthew 11). Share or pray it over your family—or yourself.
- Gratitude prayer – thank Him for the day of rest. list 3 ways He showed up.