

DAY 00



IMAGE: Post the “Day00” image.

CAPTION:

Stress. Anxiety. Chaos. Hustle. Worry. Busyness. These are words you might be thinking about, talking about, and experiencing pretty regularly.

In today’s world, it sometimes feels like we’re stuck running a race to get things done, be the best, hang out with everyone, do everything, and earn everyone’s approval. Sure, it’s good to have goals, but sometimes all of those goals can burn us out.

If you’ve felt a little tired recently, the next 40 days are for you. We all know what it’s like to feel physically tired, but some of us might be feeling tired in more than just our bodies. When we spend so much time running from one thing to the next, our souls can get tired too.

But this isn’t the kind of life Jesus came to give us. Jesus came to give us life — a life that’s full, not of schedules, worry, or hustle, but full of joy, peace, hope, and abundance.

So for the next 40 days, here’s what we’re going to do. When you see these daily prompts, take just a moment to:

- Pause.
- Read.
- Observe.
- Apply.
- Pray.
- REST.

For the next 40 days, what do you think could happen if you made it a habit to REST in God’s presence and truth?

Let’s find out. Because if you want to keep running, you’ve got to learn how to rest.

DAY 01



IMAGE: Post the “Day01” image.

CAPTION:

Do you ever feel like you just need a rest sometimes? EVERYONE does!

📖 READ: Matthew 11:28-30

🕶️ OBSERVE: This verse is the open invitation Jesus has given every human. You don't need to strive for his approval or affection. You don't need to strive for anyone's approval or affection. Your worth and value is not determined by your behavior or performance but by God's love for you — always, all day, every day. Regardless of your accomplishments, grade point average, family background, or financial status, you are loved by God. The same invitation Jesus gave his followers many years ago is the same one he gives us today. Instead of pushing through the tiredness and weariness, take a moment and breathe. Remind yourself that Jesus is with you and for you.

✅ APPLY: What's the best way for you to take a break and have a moment with God today? Is it through prayer 🙏? Perhaps a walk outside 🚶? Maybe even taking a nap 😴? And before you judge yourself too harshly for needing a nap, remember, even Jesus napped. So don't be afraid to run toward rest in whatever way you need today.

DAY 02



IMAGE: Post the “Day02” image.

CAPTION:

Have you ever thought about that?!

📖 READ: Genesis 2:1-3

🕶️ OBSERVE:

God, the creator of you and me, rested. It wasn't that God needed a break from doing all this creating, but God wanted to show us the importance of resting. God even told the Israelites to set aside a full day to rest, called Sabbath.

✅ APPLY:

Do you ever take a day in your week to rest? A day where you put down your phone and set aside your computer. What is one small step you can take this week to rest? Even if it's just taking an hour away from your phone, what can you do? Try writing down a simple prayer asking God to help you to set aside a time to rest.


DAY 03




IMAGE: Post the “Day03” image.

CAPTION: Are you ready to schedule some REST?

 **READ:** Exodus 20:8-10

 **OBSERVE:** The Old Testament can seem intimidating to read sometimes, but the incredible thing is that everything in the Bible is connected. It all ties together and the thread that connects everything is Jesus. Jesus talked often about the Sabbath. As a Jewish boy, he grew up learning about the Jewish law and the Jewish way of life. He learned about the Sabbath and what to do or not to do on that day. It might seem strange to think that Jesus had to learn what it meant to keep the Sabbath holy, but he did.

 **APPLY:** It might feel crazy to take a whole day to do NOTHING. It seems like if you take a day off from school or work you should still keep doing things because it's 'lazy' to do nothing. But think back to yesterday's post about creation – God created a day for rest on purpose. So we can rest on purpose for a purpose. So, what would it look like for you to not work for an entire day this week? Write a prayer thanking God for showing you (and every other human) that rest is a good thing. List some reasons you are thankful for God creating rest and showing us how to rest.


DAY 04




IMAGE: Post the “Day04” image.

CAPTION:
Sometimes it takes WORK to REST.

 **READ:** Psalm 46:10

 **OBSERVE:**
God gives some specific instructions in this verse – be still. Being still isn't something that lots of people are great at. Often, you have to work hard to find time to rest. You have to be determined to drown out distractions and embrace stillness.

 **APPLY:**
What can you do this week to be intentional about being still? Ask yourself why being still goes against your desire to keep running.

Today, set a timer for 5 minutes. Find a comfy place to be; maybe sitting in a chair or laying on the floor. Perhaps even sitting in the middle of the lunchroom by yourself. Take 5 minutes to sit and be still. Ask for help to know God more.

DAY 05

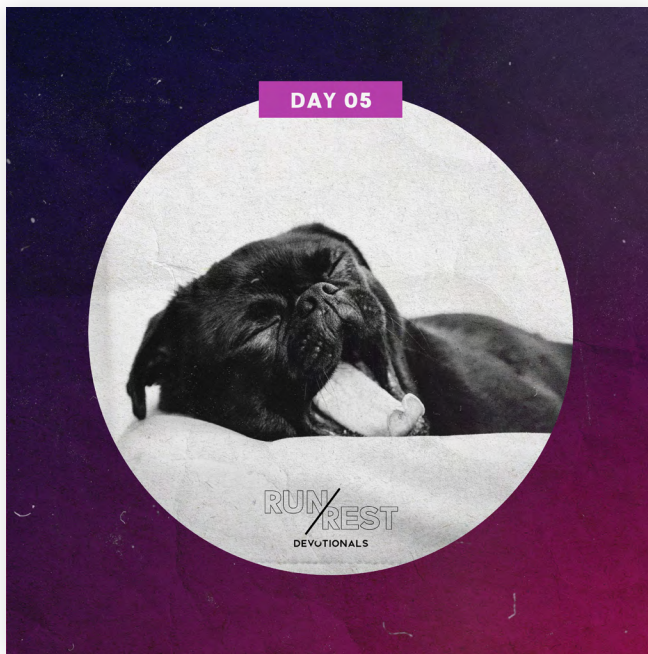


IMAGE: Post the “Day05” image.

CAPTION:

Too much RUN and not enough REST is bad for you.

READ: Psalm 127:2

OBSERVE:

Often, we think we have to keep running until late at night, and then get up first thing in the morning to get running and active again. Today’s reading from Psalms calls this “useless”! Why do you think the writer of this Psalm would say it’s useless to go to bed late and wake up early?

APPLY:

How could you develop a pattern of rest for yourself? How could you get more rest or sleep? This is God giving you FULL PERMISSION to get lots of sleep! 🤪🤪🤪

Write out a prayer asking God to give you wisdom. This wisdom is to help you decide what needs your full attention and what can you let go of. Ask God to help show you how you can let go of some things so that you can get the rest you need.

DAY 06



IMAGE: Post the “Day06” image.

CAPTION:

Do you ever just want to FLY AWAY for a minute of peace, quiet, and rest?

READ: Psalm 55:6-7

OBSERVE:

Why would people want to fly away and escape everything?

APPLY:

Have you ever wanted to just run away from everything you’re facing because you feel overwhelmed? What is overwhelming you right now? What do you wish you could escape and run away from? Is it the same thing that is overwhelming you?

It would be great to ask God to help us fly away from whatever is overwhelming us, but that’s not always possible. Pray quietly and silently to yourself that God would help you face whatever is overwhelming you. Name the thing that is overwhelming you and write it on a piece of paper. Then fold it into a paper airplane and send it flying. This is a picture of letting go and allowing God to take care of you.

DAY 07



IMAGE: Post the “Day07” image.

CAPTION:

Do you have a quiet place where you like to rest?

READ: Mark 6:31-32

OBSERVE:

At times, Jesus and his disciples were running so hard they barely had time to eat. Eventually, though, Jesus encouraged them to find a quiet place away from the chaos so they could be alone and rest.

APPLY:

What is the chaos you feel like you’re in right now? What is a quiet place you can go to get rest?

Find that quiet place. When you find it, ask that Jesus would make his presence known to you there.

DAY 08



IMAGE: Post the “Day08” image.

CAPTION:

What if you could truly REST in the belief that this statement is true?

READ: Exodus 33:14

OBSERVE:

What is the promise given to God’s people, and specifically to Moses?

APPLY:

How does God go with us? How does God give us rest? What would change for you if you truly believed that God was with you? Would it allow you to take time from all the running to find rest? Take time to notice signs of God’s presence in your life today.

Ask that you would be more aware of God’s presence. Make it a simple prayer that you can say as often as you need to.

DAY 09



IMAGE: Post the “Day09” image.

CAPTION:

When doubt and anxiety makes us want to RUN, God’s comfort helps us REST.

📖 READ: Psalm 94:19

🕶️ OBSERVE:

Anxiety and stress are a big reason why it’s hard for us to rest and experience God’s peace. Why do you think this verse says that God’s consolation can bring us joy?

✅ APPLY:

Name the biggest thing that is stressing you out right now. What would it look like for God to console you in the midst of what you’re experiencing?

Write a prayer to God naming the biggest thing that is stressing you right now. Write something like “God, this is the thing that is causing me the most stress and worry. I want to be consoled by you, comforted by you, and to experience your peace. Show me what that should look like.”

DAY 10



IMAGE: Post the “Day10” image.

CAPTION: There’s no specific time for rest, but you do have to pick a time for rest.

📖 READ: Mark 1:35

🕶️ OBSERVE: Do you think that according to this verse, the only “holy” time of the day to spend with God is early in the morning?

✅ APPLY: We don’t have to be morning people to spend time with Jesus. We don’t have to set aside 3 hours to spend alone with God to get our “holiness” on for the day. The time of day is not what’s important. What’s important is that you find a time where you stop running and embrace rest. What kind of space can you create for yourself to get away from the chaos around you and find time to be still and alone?

Ask God to help you develop a habit of getting to a place by yourself to spend time in God’s presence. Pray this simple prayer: “Jesus, make your presence known to me.” This verse isn’t supposed to make us feel guilty about not getting up in the morning and praying for 5 hours. Instead, it’s meant to show us that even Jesus needed time to get away and be alone.

DAY 11



IMAGE: Post the “Day11” image.

CAPTION: It might seem counterintuitive, but taking time to rest will help you run further, faster.

READ: Mark 2:1-2

OBSERVE: If you’re following Jesus’ pattern in the Gospel of Mark, you see that yesterday’s verse talked about Jesus going away to a desolate, quiet space to spend time alone with God. A few verses later, he’s doing some actively healing people. What does this show you about the benefits of spending time with God?

APPLY: A lot of times, we think that time spent with God is wasted time. We’re just sitting there and not producing anything. If Jesus took the time to be alone and pray, then we should, too. Not because we need to check off a task so we can say we did something to please God today, but because we receive a benefit by spending time with God. Time spent with God in rest prepares us for our next season of running. Today, can you remind yourself that spending time with God is valuable way to spend your time? Write out a list of tasks that need to be accomplished in the next week. Before you begin tackling the list, take a few moments to pray as you prepare for the work you’re about to do.

DAY 12



IMAGE: Post the “Day12” image.

CAPTION: If you’re going to rush, rush to rest.

READ: Proverbs 19:2

OBSERVE: What does it mean to be enthusiastic about something without knowledge? If someone does something in haste, it means they do it quickly without thinking things through.

APPLY: Write down the word “unhurried.” Is there anything that you find yourself doing quickly, without feeling like you gave it your best? Ask God to help you be unhurried this week and bring this word to mind.

Under the word “unhurried,” write a short prayer to thank God for creating rest. Express your gratitude for the fact that God never hurries, even when we may want God to rush.

DAY 13



IMAGE: Post the “Day13” image.

CAPTION:

Are you ready to take a rest from planning to allow God to direct your steps?

 **READ:** Proverbs 16:9

 **OBSERVE:**

Does this verse give us the liberty to not make any plans? Do you think we should never make any plans ever again?

 **APPLY:**

Think about how often you get a plan in your head and you move forward with it, only to eventually see the plan fall apart. How can this verse give you peace when you feel like your calendar or your plans are completely overwhelming? Can you find a way to be ok if not everything works out the way you planned it?

Write down some of the plans you have for the next week, month, or year. Tell God if they stress you out, or if it stresses you out to think about these plans falling through. Ask for help trusting that God’s plan is best. *100*

DAY 14



IMAGE: Post the “Day14” image.

CAPTION:

Today, peace is worth running towards!

 **READ:** Isaiah 26:3

 **OBSERVE:**

What do you think perfect peace means? What does it look like?

 **APPLY:**

Sometimes the things that cause us stress are all that we can focus on. In those moments, though, it’s important to refocus our minds on the peace that God offers us. What would it take to direct your mind back to God every time you feel stressed? Imagine if every time a stressful thought traveled through your head you could flip a switch that brings your attention back to the peace of God. 💡

Remember that quiet place you went to earlier in this journey towards rest and peace? Go back to that place or create a similar space. Take a few deep breaths in and out. Ask to experience God’s perfect peace.

DAY 15



IMAGE: Post the “Day 15” image.

CAPTION:

Are you prepared to shift your focus today?

 **READ:** Colossians 3:1-2

 **OBSERVE:**

Why do you think followers of Jesus should focus their eyes on the realities of heaven? Does that mean followers of Jesus don't have to pay attention to what's happening around them?

 **APPLY:**

Sometimes we are so focused on the thing right in front of us that we become stressed and overwhelmed. In these times we can develop “tunnel vision” where the thing in front of us is the only thing we can see. At times this can help us stay focused on what's important, but other times it just makes us feel blinded. How can we rest in the things that God cares about? When we do that, we have the strength to run towards love for God and love for people. Write down the things you believe God cares about. We know the big ones are loving God and loving people, but list some examples of what that can look like. Write a short prayer asking God to help you focus on what God cares about.

DAY 16

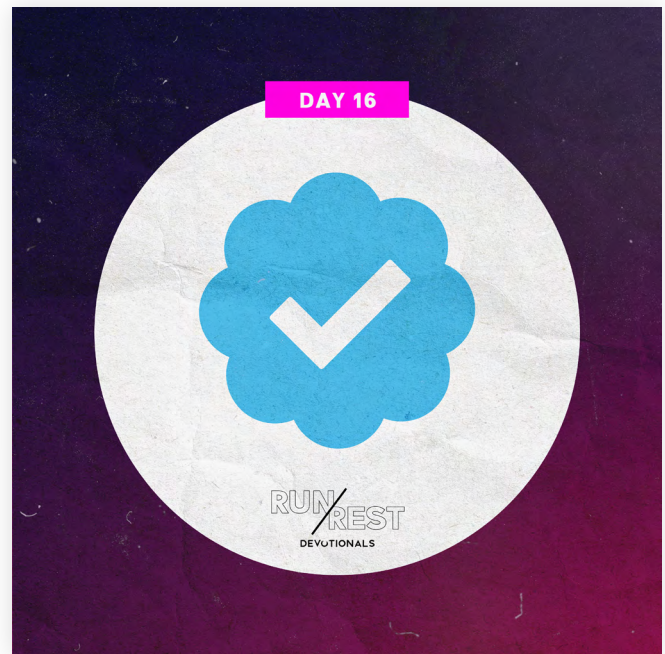


IMAGE: Post the “Day16” image.

CAPTION:

In a world where people are busy chasing followers, likes, and blue checkmarks, can you rest in the knowledge that there is no one's approval you need to run after?

 **READ:** Ephesians 2:4-10

 **OBSERVE:**

? According to these verses, what do we have to do to prove ourselves to God? ? Nothing!

 **APPLY:**

What are you trying to prove? Who are you trying to prove yourself to? God says that you are a masterpiece created in Jesus to do good works. Does knowing that allow you to rest assured that you don't have run after the approval of others or to fight to prove yourself?

Ask God to remind you that you don't have to prove yourself to God or to anyone. You are accepted by God. Your need for approval has already been taken care of. Try to live from the knowledge that you are approved of by God. Take a moment to write these words – “I am loved. I matter. I belong.”

DAY 17

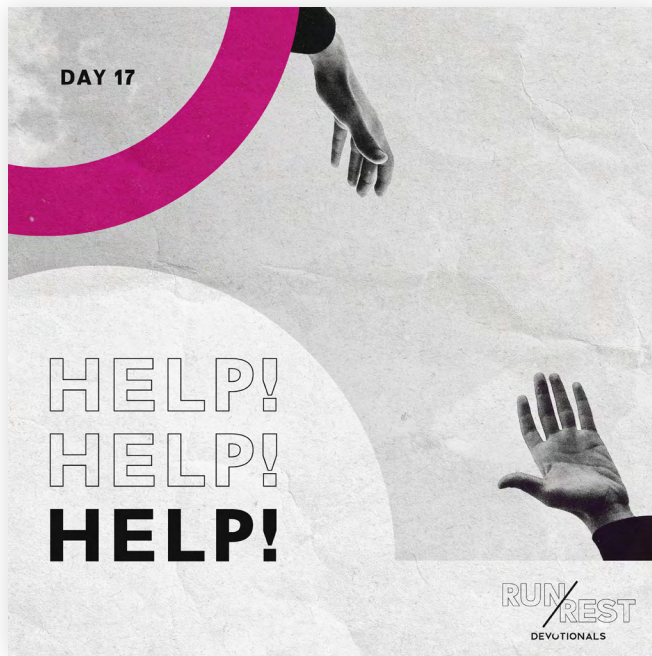


IMAGE: Post the “Day17” image.

CAPTION:

Are you ready to rest knowing that God has put people in your life to care for you?

 **READ:** Mark 2:1-5

 **OBSERVE:**

What actions did the paralytic man take in order to be healed? Did he take any action? Or did he rely on his friends to help get him to Jesus to be healed?

 **APPLY:**

We’ve looked already at Jesus’ need to be alone with God to be refreshed and restored, but now we shift our attention to someone who wasn’t able to help himself. He didn’t work to get what he needed, instead he relied on the generosity of his friends. What can this story teach you about trusting and resting that God has put people in your life to care for you? Sometimes we need to rest while others run on our behalf.

Say a prayer of thanks for the generous people God has placed in your life. Pray that you would have the courage to surrender to God’s care for you through others.

DAY 18

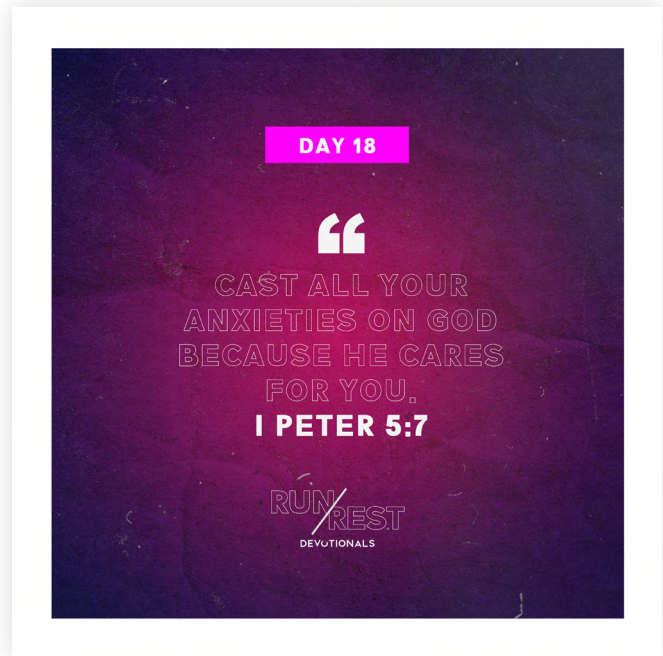


IMAGE: Post the “Day18” image.

CAPTION:

Today, you can rest from your anxieties.

 **READ:** I Peter 5:7

 **OBSERVE:**

Do you think some anxieties are worse than others? Do you think there are any of your anxieties that God doesn’t care about?

 **APPLY:**

To “cast” something means to release it and let go completely. How can you cast your cares on God? What are the anxieties you need to cast on God today? You don’t need to carry this weight or burden alone. God is here for you and cares for you.

Pray like this: “Jesus, today I cast this ____ on you and trust that you care for me.”

DAY 19



IMAGE: Post the “Day19” image.

CAPTION:

Today is a reminder that God doesn’t want you to worry about anything.

 **READ:** Philippians 4:6-7

 **OBSERVE:**

How comfortable are you with telling God what you need? Do you think it’s selfish to do this? Or do you believe that this is exactly what God wants?

 **APPLY:**

Do exactly what verse 6 says — tell God what you need. It might feel like telling someone not to worry is like telling a dog not to bark. But it’s only by telling God what we need that we get to experience God’s peace that exceeds imagination. Today, pray until you experience that peace.

Pray like this, “Jesus, may your perfect peace guard my heart and mind. May I know that you can help me to focus and set my mind on you instead of my worries.”

DAY 20



IMAGE: Post the “Day 20” image.

CAPTION:

Are you prepared, today, to keep your mind from running away with negative thoughts?

 **READ:** Philippians 4:8-9

 **OBSERVE:**

What kind of things are true, honorable, right, pure, lovely, admirable, excellent and praiseworthy?

 **APPLY:**

Write down your answers for the above question. How can you think on these things today instead of the stress that is overwhelming you?

Pray like this, “God, help me to focus my mind on the things that point to you. Show me how to think about things that are good more than the things that worry me and stress me out.”

DAY 21



IMAGE: Post the “Day 20” image.

CAPTION:

It might seem counterintuitive, but quiet rest can provide our strength to run.

 **READ:** Isaiah 30:15

 **OBSERVE:**

What does repentance mean? Can you think of ways that repentance can lead us to rest?

 **APPLY:**

We all need times of relaxation, rest, and renewal. We can experience burn-out while doing worthwhile activities for God. Can you determine to spend some time each day in refresh and renew your body, mind, and spirit. What might that look like for you?

Ask God to help remove any guilt you might feel for making time each day for relaxation, rest, and renewal.

DAY 22



IMAGE: Post the “Day 22” image.

CAPTION:

Today we find our rest by running to someone bigger than ourselves.

 **READ:** Psalm 121:1-2

 **OBSERVE:**

The writer of this psalm (a psalm is similar to a poem) tells us where he finds his help. What inspires his confidence is looking up to the mountains. Why do you think this writer would find strength from looking at the mountains? How would something like seeing the mountains remind him of God’s help?

 **APPLY:**

We often have physical objects that serve as reminders of where our help comes from. What object, scene, or person reminds you that God loves you and is here to help you?

Find a space just to be by yourself for a few minutes.

DAY 23



IMAGE: Post the “Day 23” image.

CAPTION:

Today, we can rest knowing that God is not taking a break from caring for us.

 **READ:** Psalm 121:3-4

 **OBSERVE:**

What do these verses promise us about God?

 **APPLY:**

God is always watching over us, taking care of us, and providing for us. God doesn't rest from us, but gives rest to us. That truth shows how much God cares about us. How can knowing that God watches over you, cares for you, sees your needs, and knows what's best for you help you to rest?



Write a prayer of thanksgiving to God for all the ways that God takes care of you, looks out for you, sees your needs, and meets your needs.

DAY 24



IMAGE: Post the “Day 24” image.

CAPTION:

You can run toward rest knowing that God's care for you is 24/7!  

 **READ:** Psalm 121:5-6

 **OBSERVE:**

How does God act on your behalf in these verses? What does God do for you?

 **APPLY:**

Do you feel like you have a lot of responsibility to carry? Sometimes it can feel like you have to fend for yourself because no one else will. Does the idea that God “stands beside you as a protective shade” give you peace knowing that you don't stand alone? It's relieving to know that you have someone watching over you and watching out for you.

Make a list of the responsibilities that you carry. Take those responsibilities and write out a prayer to God asking him to help you carry each of them, and thanking God for being there for you and protecting you.

DAY 25



IMAGE: Post the “Day 25” image.

CAPTION:

We can run toward rest, even in the midst of our fears.

 **READ:** Psalm 121:7-8

 **OBSERVE:**

No one desires to feel pain, to be hurt, or to have harm done to them. Often we fear harm being done to us or to someone we love. What does it mean to read that God keeps you from all harm?

 **APPLY:**

Is there something specific you fear happening to you or the people you love? It’s scary to think about, and it can be even more scary to name it. The good news is that God already knows what it is that scares us. So how can you use these two verses to remind yourself that even when you are afraid, God is with you, keeping you from all harm, and watching over you? Think about writing these verses on a Post-It note to remind you of the care God has for you. Pray something like this “Jesus, I realize I am not strong enough on my own to deal with what scares me. Help me to remember that you are strong enough, that you watch over me and keep me from harm. You know where I am at all times, and you care for me.”

DAY 26



IMAGE: Post the “Day 26” image.

CAPTION:

Today, our confidence to rest comes from the knowledge that nothing can come between us and God’s love for us.

 **READ:** Romans 8:38-39

 **OBSERVE:**

What are the things listed in these verses that can’t separate us from God’s love?

 **APPLY:**

Nothing – not a thing – can separate us from God’s love. Nothing you or I can do. Even when things happen that are completely out of our control, Jesus’ sacrifice for us, and his commitment to us, gives us confidence that nothing can come between us and God’s love. Is there anything you fear might separate you from God’s love? Or is there something you think you could do that would separate you from God’s love?

Ask God to help you keep your mind from going to the worst case-scenario. Pray for your mind to have the clarity to focus on the truth that nothing will separate you from God’s love.

DAY 27



IMAGE: Post the “Day 27” image.

CAPTION:

Today, we’re reminded that God wants us to sleep in peace.

READ: Psalm 4:8

OBSERVE:

Laying down to sleep is an image of surrendering control and trusting God to take care of us. How does this verse give you peace about being able to lay down, rest, and sleep?

APPLY:

The average teenager gets 6-7 hours of sleep a night. The recommended amount of sleep for a teenager is 9-9.5 hours. How much sleep do you get a night? Do you value your sleep? Or do you avoid it because you feel like you have too much to do?

Before you go to sleep, write down the things on your mind that keep you from sleeping soundly, or that keep you up at night. Tell God that you know sleep is a gift from God and ask for help to have a good night’s rest.

DAY 28



IMAGE: Post the “Day 28” image.

CAPTION:

God’s desire is that we run towards a life better than ordinary.

READ: John 10:10

OBSERVE:

When Jesus came on the scene he invited people to a life of rest. He said that following him and obeying him wouldn’t be a burden, a heavy responsibility, or a list of tasks they could never complete. It wouldn’t involve living for someone else’s approval. Instead, it would mean living out of an understanding that they have God’s approval. What do you think Jesus meant when he said, “my purpose is to give them a rich and satisfying life?”

APPLY:

Does following Jesus ever feel like it’s a list of tasks that you have to check off? If it does, ask yourself why it feels that way. Are you trying to earn God’s approval? God’s approval is a gift. We cannot earn it. And trying to won’t lead to the rich and satisfying life Jesus talked about.

Write out a prayer or silently pray asking Jesus to show you what the rich and satisfying life looks like.

DAY 29



IMAGE: Post the “Day 29” image.

CAPTION:

Today, you can rest knowing that God is caring for us like a good shepherd cares for their sheep.

📖 READ: John 10:11-18

🕶️ OBSERVE:

If Jesus is comparing himself to a shepherd in these verses, who are the sheep?

✅ APPLY: Jesus is the ultimate shepherd. He takes care of his sheep and lays down his life for them. That means that he looks out for us, watches over us, protects us, and keeps us from harm. He also shows us where to go, leads and guides us to the places he knows are best for us. Sometimes wondering about our next step can cause anxiety and stress. Does believing in Jesus as the good shepherd ease your anxiety or lower your stress level?

Maybe you’re in a place where it feels like knowing this about Jesus isn’t helping your stress and anxiety. That’s okay. Find a trusted adult or a trusted friend that you can pray with and talk to about this. Ask them to pray that you would trust Jesus as the good shepherd, caring for you, leading you, and guiding you.

DAY 30



IMAGE: Post the “Day 30” image.

CAPTION:

In the midst all our running, God wants to lead us to rest.

📖 READ: Psalm 23:1-3

🕶️ OBSERVE:

Even in the Old Testament people talked about God as a shepherd. In the New Testament Jesus tells people that he is the good shepherd. Why do you think the writer would compare God to a shepherd? In what ways is God like a shepherd?

✅ APPLY:

How can you let God lead you to places of rest and quiet? Is there anything you’re tired of running after or striving for? What if you intentionally turned the opposite way and ran toward places of rest and quiet.

Spend time in silence asking what God is inviting you to rest from.

DAY 31



IMAGE: Post the “Day 31” image.

CAPTION:

You might be tempted to run through the valley, but you can actually rest in the valley.

 **READ:** Psalm 23:4-6

 **OBSERVE:**

In these verses, God promises to be with us even in our most difficult times.

 **APPLY:**

What is a dark valley you have walked through? When have you been in surrounded by people you felt were against you? Imagine what might change if we could see God as our good shepherd in the midst of these moments.

Grab a notecard write Psalm 23:4-6 on it. Perhaps you might even make it the background on your phone. Keep this verse near you when find yourself in a dark valley surrounded by people who seem to be against you. In those moments, take this verse out and pray, “Jesus, thank you that your goodness and unfailing love will pursue me all the days of my life, and that I will live in your presence forever.”


DAY 32




IMAGE: Post the “Day 32” image.

CAPTION: Today, we can rest knowing that Jesus has sent the Holy Spirit to run alongside us.

 **READ:** John 14:27

 **OBSERVE:** Before Jesus went to the cross, he explained to his followers that he was going away. However, he left them with a beautiful promise. Jesus realized that they were about to experience some of the most difficult days of their lives but he promised them peace. That promise was not just for his first followers, it also included you. Think about how that promise affects you today, even though it was a promise given many years ago.

 **APPLY:** Everyone is looking for peace. Not many people love chaos — unless they’re a toddler in a McDonald’s Play Place. We want peace. How comforting is it to you to know that no matter what you face, Jesus will give you peace in the situation? You don’t have to earn this peace. You can simply receive it because Jesus freely gives it. Thank Jesus for giving peace in the midst of chaos. Remember that even in the midst of seeing their savior arrested, beaten, and crucified, Jesus first followers still experienced incredible peace.

DAY 33



IMAGE: Post the “Day 33” image.

CAPTION: Rest, today, in your connection to God.

READ: John 14:4-5

OBSERVE: Jesus used a lot of imagery to explain how the Kingdom of God worked, like branches and fruit. If you were walking through a grove of oranges or grapefruits, or a vineyard full of grapes, and you cut off a branch and took it home, hoping you could have your garden full of fruit, it would not work. We’ll save you the time of trying it. Why do you think Jesus would tell his disciples that he’s the vine and they’re the branches?

APPLY: Jesus is inviting his disciples and followers to stay connected to him — to abide in him. “Abide in Me” is not a marching order to accomplish or a check box to complete. It’s simply a state of existence, a way of being. What might it look like to live life everyday knowing that you are deeply connected to Jesus? You don’t have to work to stay connected. In fact, you need to simply rest to remain connected. You want to know how else you can stay connected to Jesus? Talk to him! That’s prayer. Remember in Philippians 4:4-6 it says to tell Jesus what you need and thank him for what he’s done. Do that today. Talk to Jesus. Connect with him.

DAY 34



IMAGE: Post the “Day 34” image.

CAPTION: When you know how deeply you are loved, it’s easier to slow down and rest.

READ: John 15:9

OBSERVE: You are loved. That’s the truth. In the same way God the Father loves Jesus the Son, that’s how Jesus loves you. When you think about how loved you are by God, how does that change your perspective of yourself? Do you feel like you still need to earn love and approval from others? Is God’s love enough for you?

APPLY: Jesus tells us that he loves us and reminds us to stay connected to him. You don’t have to work tirelessly to prove yourself, to be the best, or prove you’re not a failure. You are loved. Even if failure happens, and it will, Jesus’ love will not fail you. Are you aiming for the perfect grade point average? Are you working hard to get the spot on the A-team in basketball? Is there someone who’s approval and love that you are trying to earn? Thank Jesus for his love for you either through a silent prayer, a written prayer, or a prayer you pray out loud. Thank God that the approval and love you are fighting for has already been given to you. Ask him to help you stop fighting for that love and to simply receive it.

DAY 35



IMAGE: Post the “Day 35” image.

CAPTION:

God’s desire for you to rest is something God wants FOR you, not FROM you.

READ: Mark 2:23-28

OBSERVE:

Sabbath isn’t usually a popular topic of conversation. You probably don’t text your friend saying, “Hey, how’d you Sabbath yesterday?” But the Sabbath was a BIG DEAL to the Jewish people. In fact, they were so hyped up on the Sabbath that they started to make their own rules about it. That’s why in these verses, the Jewish religious leader’s response to Jesus “breaking the Sabbath” law is so, well, savage. Why do you think the Jewish leaders didn’t welcome Jesus new ideas?

APPLY: Following Jesus is not a set of rules. It’s a relationship that isn’t based on our behavior or actions, but is rooted in Jesus’ love for us. Sabbath isn’t a rule to follow but an invitation to rest and remember what God has done. Take your own Sabbath for a few minutes. Find a quiet place to be still. Set a timer on your phone, close your eyes, take some deep breaths, and focus on God’s love for you. Thank God for that love.

DAY 36



IMAGE: Post the “Day 36” image.

CAPTION:

Sometimes the greatest healing we receive is experienced through the simple act of rest. Are you willing to run after that healing today?

READ: Mark 3:1-5

OBSERVE:

Jesus had an opportunity to heal someone that had been unwell for a long time. After all, he had come to bring good news to those who were hurting and heal those who were broken. The religious leaders expected Jesus to fulfill the letter of the law and do no work on the Sabbath, but he chose to heal anyway. Why do you think religious leaders would be so upset with Jesus healing someone?

APPLY: There is a lot of information available on the benefits of rest and how healing it is for your body to get a good night’s sleep. Rest is important. It can be tempting to give up rest in order to work harder, but rest is necessary and it can bring healing in a way you might not expect. How can you set aside time today to rest so that you can heal? Ask God to show you where you need healing. Ask Jesus how you can rest in him, knowing that the love he has for you is enough.

DAY 37



IMAGE: Post the “Day 37” image.

CAPTION: Sometimes, after all the running, you just need a good nap. 😊

READ: Mark 4:35-40

OBSERVE: Jesus slept. That’s right, Jesus took a nap. On a boat. In a storm! What does this show you about Jesus’ humanity?

APPLY: Think about the circumstances in this story. There was a violent storm. The disciples were experienced fishermen and probably faced a lot of crazy storms., so the fact that they had no chill shows that this was a BIG storm. 🌩️ But, in the middle of the roaring waves and crashing winds, Jesus showed the disciples that he had the power to calm the storm and bring peace. What is the storm, stress, or chaos that you find yourself in the middle of right now? How can Jesus words, “Silence! Be still!” encourage you? Write a prayer to Jesus, telling him everything about the storm you find yourself in right now. Tell him about the stress that feels like waves crashing over you and that you’re struggling to keep your head above water and swim through it. Thank Jesus that he gives peace in the middle of the storm, and that he does not leave you or turn his back on you.

DAY 38



IMAGE: Post the “Day 38” image.

CAPTION: Today, you can rest safely knowing that Jesus has experienced the same hardships we are facing, and yet overcame them all.

READ: Mark 6:1-6

OBSERVE: Jesus performed miracles no one had seen before. One time he went to his hometown, a place where he was well known, and yet, despite the incredible things he did, the people there did not believe in him. Why don’t you think they wanted to listen to him?

APPLY: Just like Jesus, despite our accomplishments, or the good that we do, some people won’t listen to us, recognize us, or believe us. Is the fact that even Jesus felt rejection a comfort to you? Can you rest in what Jesus says about you and believe that he says you are enough, regardless of what others think? Say a prayer of gratitude that Jesus has experienced the emotions you are experiencing, and that you are not alone in your emotions. This can give us peace in situations when we feel like we’re not enough for people, or that our accomplishments aren’t enough to win someone’s approval. Thank Jesus for affirming that you are enough, and that you can live from his approval of you.

DAY 39



IMAGE: Post the “Day 39” image.

CAPTION:

Today, though you face troubling times, you can rest in the knowledge that Jesus brings peace to our troubled hearts.

📖 READ: John 14:1-4

🕒 OBSERVE:

Jesus would often remind his disciples not be troubled, but to trust in him. He gave them hope that he was going ahead of them to prepare a place of peace for them. It's because of Jesus, death on the cross and his resurrection that we can be with him in this place he went to prepare for us. What does Jesus mean when he says, “You know the way to where I am going.”?

✅ APPLY:

How can you go to God when your heart is troubled or when your mind can't stop thinking about your to-do list? Can you learn to go to run toward God even when you can't get rid of nagging thoughts? Ask God to give you the courage to share this good news with a friend. Take a moment to share the peace you have experienced through trust in Jesus. Continue to pray that this friend would trust Jesus to care for them, too.

DAY 40



IMAGE: Post the “Day 39” image.

CAPTION: The pain we experience today will not last forever, and you can rest assured that that is a promise worth running toward.

📖 READ: Revelation 21:4

🕒 OBSERVE: Revelation is the very last book of the Bible. It's the final word. Jesus always has the last word on everything. He has the last word on our identity, our worth, and our value. And because of that, we do not have to run like crazy to accomplish goals to prove our worth to people. We don't have to work to be the best or to get the best, because Jesus has given us what we need. This verse says that there will be no more death, sorrow, crying, or pain. What else should there be no more of? No more striving? No more hustling to get first place? No more trying to prove ourselves?

✅ APPLY: Can you live with hope knowing that the day is coming where the hustling, striving, working, and stress will all be wiped away? How can you live with eternity in mind? Write a prayer of thanks for the fact that the day of rest is coming where we will be free from the expectations of others. Thank Jesus that the life he came to give you is rich and full.