



Breaking Free: Restoring Soul and Sabbath from Workaholism



A 21-day guide to overcome workaholism, reclaim Sabbath rest, and renew your soul through Scripture and reflection.

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Introduction

Welcome to your **21-day journey of freedom and renewal**. Workaholism can silently take over our lives, blurring the lines between devotion to God and devotion to work. This study is designed to help you *break free* from the chains of relentless busyness and rediscover the deep rest God offers to your soul.

Throughout Scripture, God invites His people to rest—not just physically, but spiritually and emotionally. The Sabbath is more than a day off; it's a sacred rhythm designed for restoration. Yet, in our fast-paced culture and driven hearts, many of us struggle to pause. We feel pressured to prove our worth through endless work, leading to exhaustion and distance from God.

Over the next 21 days, you will dive into God's Word, reflecting on passages that speak about rest, reliance, and God's heart for your well-being. You'll be encouraged to confront the addiction to overwork, understand the importance of Sabbath, and learn practical and spiritual steps to reclaim your soul's health.

Each day includes a focused Scripture reading, supportive verses to deepen understanding, and a devotional that invites personal application. Thoughtful reflection questions and journaling prompts will help you process your journey with honesty and prayer. Finally, each day closes with a heartfelt prayer, anchoring your experience in God's grace.



By committing to this study, you are choosing to live intentionally—valuing God’s design for rest as essential to a balanced, fulfilling life. May this time deepen your connection with God, renew your spirit, and set you on a path to lasting freedom from workaholism. Remember, Sabbath rest is a gift; your soul deserves it. *Let’s begin this journey to recovery, restoration, and rest.* 🙏





Day 1: Recognizing the Chains of Workaholism



Your Verse

Ecclesiastes 2:23 - "All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless."

Supporting Scriptures

- *Psalm 127:2 - "In vain you rise early and stay up late, toiling for food to eat — for he grants sleep to those he loves."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1:  Recognizing the Chains of Workaholism

Devotional: Recognizing the Hidden Chains of Work

Workaholism is often hidden behind a mask of diligence, ambition, and responsibility. Yet, the addictive compulsion to always be working or productive can lead to spiritual and emotional exhaustion. Ecclesiastes 2:23 captures the heartache of relentless toil: work becomes grief and pain rather than joy or fulfillment.

Psalm 127:2 reminds us it's actually God who grants sleep—rest is a divine gift, not a sign of laziness. Yet many of us push past this gift, believing more work equals more value. Jesus, in Matthew 11:28, offers profound hope: true rest is found in coming to Him. This rest goes beyond a pause in labor; it is the restoration of a weary soul.

Today, take time to honestly recognize the unhealthy grip work has on your life. How often do your thoughts race about work, even when you desire rest? Are you mistaking busyness for purpose? Admit these chains so you can begin to break free—this is the first step back to God's intended rhythm.



Reflect and Apply

1. What emotions arise when you think about stopping work for rest?

2. In what ways do you feel your work controls your thoughts and time?

3. How has pushing through exhaustion affected your relationship with God and others?



Journaling Prompts

1. List moments in the past week when you felt overwhelmed by work.

2. Describe what rest looks like to you apart from productivity.

3. Write a prayer asking God to reveal any unhealthy work habits.



Day 1: 📍 Recognizing the Chains of Workaholism

Prayer for Today

Dear Lord, help me see clearly the ways workaholism has taken hold of my heart and mind. Teach me to stop striving and to rest in Your promise of peace. Soften my spirit to receive the rest You freely give. Renew my soul and lead me gently on the path to restoration. *Thank You for never growing weary of loving me.* Amen. 🙏❤️👉





Day 2: zzz The Gift of Rest



Day 2: 📖 The Gift of Rest

Your Verse

Genesis 2:2-3 - "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy."

Supporting Scriptures

- *Exodus 20:8 - "Remember the Sabbath day by keeping it holy."*
- *Hebrews 4:9-10 - "There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their own work."*



Day 2: 📖 The Gift of Rest

Devotional: Embracing God's Gift of Sabbath Rest

Rest is embedded in the very fabric of creation. After six days of creating all things, God Himself rested on the seventh day (Genesis 2:2-3). This rest was not because He was tired but to set a divine pattern for humanity—a rhythm of work and intentional rest.

In Exodus 20:8, God commands His people to keep the Sabbath holy. This is a restorative pause meant to honor God and renew our spirits. It is not merely a physical rest but a sacred time to reconnect with God and ourselves.

Hebrews 4:9-10 extends this idea into the New Testament, inviting believers into a spiritual rest—a cessation from striving in our own strength. God's rest is a spiritual refuge available to all who trust in Him. Today, reflect on Sabbath as a priceless gift, not a burden. How might welcoming this rest begin to heal your soul and break the cycle of workaholism?



Reflect and Apply

1. How do you currently observe rest or Sabbath in your life?

2. What fears or beliefs might keep you from trusting in God's rest?

3. How can resting honor God and nourish your soul?



Journaling Prompts

1. Write about a time when rest brought unexpected blessing or clarity.

2. Describe how Sabbath rest could transform your weekly routine.

3. List obstacles that prevent you from resting and how to overcome them.



Day 2: 📖 The Gift of Rest

Prayer for Today

Heavenly Father, thank You for setting the example and blessing the day of rest. Teach me to cherish the Sabbath as a holy gift for my soul's health. Help me to trust that You are enough and that resting honors You. May I learn to stop striving and simply be with You. Guide me into Your peaceful rest. Amen.





Day 3: 🧠 Renewing the Mind



Day 3: 🧠 Renewing the Mind

Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- *Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 3: 🧠 Renewing the Mind

Devotional: Transforming Thoughts for True Rest

A vital step in breaking free from workaholism is changing how we think. Romans 12:2 calls us to reject the world's relentless 'always-on' mentality and renew our minds through God's truth. Our culture often idolizes activity and achievement, but God calls us to a different mindset—one rooted in peace and dependence on Him.

Philippians 4:8 guides us to focus on what is true, noble, and lovely, counteracting anxious or overworked thoughts. As Isaiah 26:3 promises, God grants perfect peace to those who keep their minds focused on Him.

Today, intentionally replace workaholic-driven thoughts with God's truth. This renewing of the mind will open the door to rest, giving space for God's peace to rule in your heart and soul.



Reflect and Apply

1. What thoughts fuel your workaholism and anxiety?

2. How do you feel when you try to quiet your mind from work-related stress?

3. What truths from God’s Word can replace your work-driven anxieties?



Journaling Prompts

1. List common thoughts related to work stress and rewrite them with God's truth.

2. Write about how peace feels when your mind focuses on God.

3. Identify areas where you need God to help renew your mind.



Day 3: 🧠 Renewing the Mind

Prayer for Today

Lord Jesus, renew my mind with Your truth. Help me reject the world's unhealthy work patterns and embrace Your peace. Fill my thoughts with things that lead to rest, not anxiety. Teach me to fix my mind on You so my soul can find true refreshment. Amen. 🧠 ✨ 🙏





Day 4: ❤️ Prioritizing Your Soul



Day 4: ❤️ Prioritizing Your Soul

Your Verse

Mark 8:36 - "What good is it for someone to gain the whole world, yet forfeit their soul?"

Supporting Scriptures

- *Matthew 6:33 - "But seek first his kingdom and his righteousness, and all these things will be given to you as well."*
- *Psalms 62:1 - "Truly my soul finds rest in God; my salvation comes from him."*



Day 4: ❤️ Prioritizing Your Soul

Devotional: Choosing Soul Health Over Worldly Gain

Workaholism tempts us to trade our soul's health for worldly success. Mark 8:36 warns about gaining everything yet losing what matters most: our soul. In the face of relentless pursuit, we risk neglecting our deepest needs.

Matthew 6:33 offers a radical alternative—prioritize God's kingdom above all and trust Him for provision. This reframing encourages us not to chase the approval of people or achievements but to seek God's righteousness.

Psalm 62:1 beautifully describes the rest and security found in God alone. When we center our lives around Him, our souls are truly satisfied. Today, consider how your priorities align with God's desires. Are you willing to place your soul's well-being over work performance or external success?



Reflect and Apply

1. What do you find yourself 'gaining' through work, and at what cost?

2. How does seeking God first challenge your current priorities?

3. In what ways can you nurture your soul daily amidst work demands?



Day 4: ❤️ Prioritizing Your Soul

Journaling Prompts

1. Write about areas where work has overshadowed your soul's needs.

2. Describe what it means to you to seek God's kingdom first.

3. List practical ways to nurture your soul this week.



Day 4: ❤️ Prioritizing Your Soul

Prayer for Today

Gracious God, help me to value my soul above work achievements. Teach me to seek Your kingdom and righteousness first. May my heart find true rest and fulfillment in You alone. Guide me to nurture my soul daily and protect it from harm. Amen. ❤️ 🙏 🌿





Day 5: 🛏 Resting in God's Presence



Day 5: 🏠 Resting in God's Presence

Your Verse

Psalm 23:2-3 - "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

Supporting Scriptures

- *Isaiah 40:31 - "Those who hope in the Lord will renew their strength."*
- *John 15:4 - "Remain in me, as I also remain in you."*



Day 5: 📖 Resting in God's Presence

Devotional: Finding Renewal in God's Presence

God longs to refresh your soul through His presence. Psalm 23 provides a vivid picture of rest—lying down in green pastures, led beside quiet waters. This rest is active and relational; it's found in being with God, not just ceasing activity.

Isaiah 40:31 promises renewed strength for those who hope in the Lord. It is in trusting God that our weariness is replaced by vitality. John 15:4 reminds us to remain rooted in Jesus, nourishing our spiritual life continuously.

Today, pause and invite God's presence into your tiredness. Seek Him intentionally—not as a task, but as a loving refuge where your soul is nourished and restored.



Reflect and Apply

1. How often do you intentionally pause to be with God during your busy day?

2. What distractions keep you from experiencing God's refreshing presence?

3. How does trusting God change your experience of rest?



Day 5: 📖 Resting in God's Presence

Journaling Prompts

1. Describe what it feels like to find rest 'beside quiet waters.'

2. Write about a time when God refreshed your soul unexpectedly.

3. List ways to invite God's presence into your daily routine.



Day 5: 🇸🇦 Resting in God's Presence

Prayer for Today

Lord Jesus, lead me beside Your quiet waters today. Refresh my weary soul with Your presence and peace. Teach me to remain in You, drawing strength and rest from Your love. Help me to slow down and experience the deep restoration only You provide. Amen. 🕊️🌍❤️





Day 6: Breaking the Cycle of Overworking



Day 6: ✂ Breaking the Cycle of Overworking

Your Verse

Ecclesiastes 4:6 - "Better one handful with tranquillity than two handfuls with toil and chasing after the wind."

Supporting Scriptures

- *Luke 10:40-42 - "Martha, Martha, you are worried and upset about many things, but few things are needed... Mary has chosen what is better."*
- *Proverbs 23:4 - "Do not wear yourself out to get rich; do not trust your own cleverness."*



Day 6: ✂ Breaking the Cycle of Overworking

Devotional: Choosing Peace Over Frantic Toil

Many in workaholism feel compelled to ‘do more’ despite diminishing returns. Ecclesiastes 4:6 contrasts restless chasing with contented tranquility, showing that pursuing less with peace is better than frantic overwork.

In Luke 10, Martha’s busyness contrasts with Mary’s choice to sit and listen to Jesus—making the better choice by prioritizing presence over productivity. Proverbs 23 warns against wearing ourselves out for wealth, revealing the futility of trusting solely in our efforts.

Breaking free from overworking requires a conscious decision to value quality, rest, and God’s provision over frantic toil. What step can you take today to choose tranquility over relentless work?



Reflect and Apply

1. What feelings motivate your drive to overwork and be busy?

2. How might you emulate Mary's choice in your own life?

3. Where do you need to put down 'extra work' and embrace peace?



Journaling Prompts

1. Write about tasks you feel pressured to do but may not be essential.

2. Describe how tranquility differs from busyness in your life.

3. Set a small boundary today to reduce overworking and reflect on it.



Day 6: ✂ Breaking the Cycle of Overworking

Prayer for Today

Jesus, teach me to live with tranquility and not to chase empty toil. Help me choose what is truly important—being with You—over endless tasks. Guard me from burnout and grant me wisdom to rest. Renew my heart to find peace in Your strength, not my own. Amen. ✂ ✨ 🙏





Day 7: ✨ Sabbath as a Spiritual Practice



Day 7: ✨ Sabbath as a Spiritual Practice

Your Verse

Leviticus 23:3 - "There are six days when you may work, but the seventh day is a day of Sabbath rest, a day of sacred assembly."

Supporting Scriptures

- *Nehemiah 13:15 - "People were bringing in grain on the Sabbath... So I warned them against selling food on that day."*
- *Mark 2:27 - "The Sabbath was made for man, not man for the Sabbath."*



Day 7: ✨ Sabbath as a Spiritual Practice

Devotional: Honoring Sabbath as a Life-Giving Gift

The Sabbath is a divinely ordained practice designed to protect our rest and restore our souls. Leviticus 23:3 clearly sets apart one day for rest and sacred gathering—a rhythm intended for relationship and renewal.

Nehemiah 13 reminds us that observing Sabbath requires conscious discipline, even when cultural pressures urge us to work or hustle. Mark 2:27 offers a liberating perspective: Sabbath exists for your benefit; it's a gift from God, not a burden.

Viewing Sabbath as a spiritual practice can transform how you approach rest. It is a sacred pause that honors God, restores you, and breaks the grip of workaholism. How can you begin integrating Sabbath rhythms this week?



Reflect and Apply

1. What Sabbath practices currently exist in your life, if any?

2. What challenges or excuses prevent you from observing Sabbath rest?

3. How can Sabbath become a joyful spiritual discipline rather than a duty?



Journaling Prompts

1. Brainstorm simple ways to observe Sabbath this week.

2. Write about feelings that arise when you think about setting work aside.

3. Pray for God's help to honor Sabbath as a gift, not a chore.



Day 7: ✨ Sabbath as a Spiritual Practice

Prayer for Today

Father God, thank You for the sacred gift of Sabbath. Teach me to rest in a way that honors You and renews my soul. Help me overcome barriers that keep me from Sabbath's blessings. May I experience Sabbath as freedom and joy, drawn closer to You in the pause. Amen. 📖 🌸 🙏





Day 8: 🌿 Finding Rest in Christ's Yoke



Day 8: 🌿 Finding Rest in Christ's Yoke

Your Verse

Matthew 11:29-30 - "Take my yoke upon you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls."

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 8: 🌿 Finding Rest in Christ's Yoke

Devotional: Exchanging Burdens for Rest in Jesus

Jesus invites us to exchange our heavy burdens for His gentle yoke. This exchange offers rest not only physically but deep in our souls. Matthew 11:29–30 reveals Jesus' heart—gentle, humble, and loving—ready to carry what we cannot.

In moments of weakness, God's grace shines brightest (2 Corinthians 12:9). When we embrace our limitations, we open the door to His strength. Psalm 46:10 calls us to be still, a radical act in today's busy world, creating space to recognize God's sovereignty and peace.

If workaholism lives in your striving, today focus on handing over the yoke to Jesus. Let His strength replace your exhaustion and find true rest under His care.



Reflect and Apply

1. What burdens do you carry that feel too heavy to bear alone?

2. How easy or hard is it for you to depend on God's strength instead of your own?

3. What does 'being still' look like practically in your daily life?



Day 8: 🌿 Finding Rest in Christ's Yoke

Journaling Prompts

1. Write a letter to Jesus handing over your burdens.

2. Describe how grace feels when you admit your limitations.

3. Plan intentional 'still moments' with God this week.



Day 8: 🌿 Finding Rest in Christ's Yoke

Prayer for Today

Jesus, I lay my heavy burdens at Your feet. Teach me to take Your gentle yoke and find rest in You. Fill me with Your grace so I do not have to rely on my own strength. Help me be still and know You deeply each day. Amen. 🌿❤️🙏





Day 9: 🕒 Trusting God's Timing



Day 9: ⌚ Trusting God's Timing

Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- *Psalm 27:14 - "Wait for the Lord; be strong and take heart and wait for the Lord."*
- *Isaiah 30:18 - "God waits to be gracious to you; therefore, he exalts himself to show mercy to you."*



Day 9: ⌚ Trusting God's Timing

Devotional: Learning to Trust God's Perfect Timing

A key to breaking workaholism is entrusting your schedule and efforts to God's perfect timing. Ecclesiastes 3:1 reminds us all things have a season, encouraging us to align our work and rest according to God's rhythm rather than constant hustle.

Waiting on God is an active strength—Psalm 27:14 calls us to be strong and courageous while waiting. God's timing is never late; Isaiah 30:18 assures us that He is gracious, merciful, and eager to bless us when we trust Him.

Today, release anxiety over deadlines or life pressures. Trust God to orchestrate your time wisely. Entrust your work and rest to His perfect plan, knowing He sustains and leads you.



Reflect and Apply

1. How do you currently handle timelines and deadlines under pressure?

2. What fears arise when you consider waiting on God's timing?

3. How might trusting God's timing change your work habits?



Journaling Prompts

1. List situations where you feel rushed to produce or perform.

2. Write about how God's timing has proven faithful in your past.

3. Create a prayer affirming trust in God's timing for future work.



Day 9: ⌚ Trusting God's Timing

Prayer for Today

Lord, help me to trust Your perfect timing above my anxiety and hurry. Strengthen my heart as I wait on You. May I rest fully knowing You are gracious and in control of my work and life's seasons. Guide me gently in Your timing. Amen. ⌚ 🌿 🙏





Day 10: ✨ Defining Your Worth in Christ



Day 10: ✨ Defining Your Worth in Christ

Your Verse

Galatians 2:20 - "I have been crucified with Christ and I no longer live, but Christ lives in me."

Supporting Scriptures

- *Ephesians 2:8-9 - "For it is by grace you have been saved, through faith —and this is not from yourselves, it is the gift of God."*
- *Psalms 139:14 - "I praise you because I am fearfully and wonderfully made."*



Day 10: ✨ Defining Your Worth in Christ

Devotional: Embracing Identity Beyond Work

Workaholism often stems from tying our value to what we do rather than who we are in Christ. Galatians 2:20 invites believers to live by faith in Jesus, making Christ the source of our identity and worth.

Ephesians 2:8–9 reminds us that salvation and worth come by grace—not human effort or achievement. This truth frees us from having to prove ourselves constantly through work.

Psalm 139:14 celebrates God’s wondrous creation of each person. You are valuable simply because God made you, not because of your productivity. Today, anchor your worth in Christ’s finished work and God’s loving craftsmanship rather than your work output.



Reflect and Apply

1. How do you currently define your worth? Is it tied to work achievements?

2. What differences do you notice when considering your identity in Christ?

3. How can you remind yourself daily that worth comes from God's grace?



Journaling Prompts

1. Write about moments when your worth felt based on work performance.

2. Describe who you are in Christ, beyond your job or tasks.

3. Create affirmations rooted in God's love and grace.



Day 10: ✨ Defining Your Worth in Christ

Prayer for Today

Father, help me rest in my identity as Your beloved child. Free me from measuring worth by work or achievements. Teach me to live by faith in Christ alone. I praise You for fearfully and wonderfully creating me. Amen. ✨❤️🙏





Day 11: ✕ Reflecting on Your Sabbath



Day 11: ☒ Reflecting on Your Sabbath

Your Verse

Exodus 31:16-17 - "The Israelites are to observe the Sabbath... it will be a sign between me and the Israelites forever."

Supporting Scriptures

- *Isaiah 58:13 - "...call the Sabbath a delight... honor it by not going your own way."*
- *Hebrews 4:11 - "Let us, therefore, make every effort to enter that rest."*



Day 11: ☒ Reflecting on Your Sabbath

Devotional: Rediscovering Delight in Sabbath Rest

The Sabbath is a lasting covenant and a delight meant to bless your life.

Exodus 31 describes Sabbath as a sign of God's people, a holy day for relationship with Him.

Isaiah 58 encourages making Sabbath a delight rather than a burden. This means prioritizing God's way over our own desires or routines.

Hebrews 4:11 exhorts us to actively pursue Sabbath rest, emphasizing effort to prioritize this restoration. Reflect on your current Sabbath practice: is it a burden, an afterthought, or a delight? Let God guide you to rediscover and cherish Sabbath as a source of joy and renewal.



Reflect and Apply

1. What feelings surround the idea of Sabbath in your life?

2. How can Sabbath become more of a delight than a duty for you?

3. What changes could help you honor Sabbath as God desires?



Day 11: ☒ Reflecting on Your Sabbath

Journaling Prompts

1. Describe your current experience of Sabbath or time off.

2. Write about ways to bring joy into your Sabbath practice.

3. Plan one new Sabbath habit to add this week.



Day 11: ✕ Reflecting on Your Sabbath

Prayer for Today

Lord, help me to honor Sabbath as a delight and blessing. Teach me to set aside my own way and rest in Your presence. May Sabbath be a sacred sign of our relationship, bringing joy and renewal to my soul. Amen. ✕✕✕





Day 12: Balancing Work and Rest



Day 12: 🏴‍☠️ Balancing Work and Rest

Your Verse

Ecclesiastes 5:12 - "The sleep of a laborer is sweet, whether they eat little or much."

Supporting Scriptures

- *Proverbs 3:24 - "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."*
- *1 Corinthians 10:31 - "So whether you eat or drink or whatever you do, do it all for the glory of God."*



Devotional: Finding God–Honoring Balance in Rest and Work

Balanced work honors God and is accompanied by sweet, refreshing rest. Ecclesiastes 5:12 highlights the blessing of peaceful sleep for the laborer—even with little, rest is satisfying.

Proverbs 3:24 echoes this idea using rest as a metaphor for safety and peace. Rest is not only deserved but protected by trust in God.

1 Corinthians 10:31 encourages doing all for God’s glory, including work and rest. When you balance your labor with rest as part of honoring God, your whole life reflects His goodness. Today, seek a healthier balance by inviting God’s guidance on pacing your work and embracing rest.



Reflect and Apply

1. How balanced is your current approach to work and rest?

2. What barriers prevent you from resting well after work?

3. In what ways can your work and rest glorify God?



Day 12:  Balancing Work and Rest

Journaling Prompts

1. Write about how you feel after a good night's rest.

2. Reflect on ways to pace your day to include restorative breaks.

3. Set an intention to glorify God in your work-rest balance.



Day 12: ⚖️ Balancing Work and Rest

Prayer for Today

God of peace, teach me to balance diligent work with sweet rest. Guard my mind and body from exhaustion and help me to sleep well with trust in You. May all I do bring You glory, including how I rest. Amen. ⚖️ 🌙 🙏





Day 13: 👤 Community and Accountability



Day 13: 👥 Community and Accountability

Your Verse

Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."

Supporting Scriptures

- *Ecclesiastes 4:9 - "Two are better than one..."*
- *Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."*



Devotional: Growing Through Community and Support

Breaking free from workaholism is not a journey to make alone. Hebrews 10 encourages believers to encourage and motivate one another, highlighting the importance of community and accountability.

Ecclesiastes 4:9 speaks to the strength found in companionship. We are designed to support and be supported. Proverbs 27:17 beautifully illustrates spiritual and personal growth through meaningful relationships.

Consider who can walk with you on this journey toward rest and balance. Seek accountability partners, mentors, or friends who understand your struggle and can encourage you. Community is a vital tool God uses to heal and restore.



Reflect and Apply

1. Who are your closest supporters in faith and life?

2. How open are you to sharing struggles with workaholism with others?

3. What qualities do you seek in an accountability partner?



Journaling Prompts

1. List people who could encourage or hold you accountable.

2. Write about previous experiences of community helping you grow.

3. Pray for courage to seek supportive relationships.



Day 13: 👥 Community and Accountability

Prayer for Today

Lord, surround me with loving community that spurs me on toward rest and balance. Help me to be honest and open about my struggles. Guide me to those who will encourage and sharpen me in Your truth. Amen. 👥❤️🙏





Day 14: 🏔️ Creating Healthy Rhythms



Day 14: 🌱 Creating Healthy Rhythms

Your Verse

Genesis 8:22 - "As long as the earth endures, seedtime and harvest... will never cease."

Supporting Scriptures

- *Psalm 90:12 - "Teach us to number our days, that we may gain a heart of wisdom."*
- *Isaiah 40:31 - "Those who hope in the Lord will renew their strength."*



Day 14: 🌱 Creating Healthy Rhythms

Devotional: Embracing God's Rhythms for Life

God created the world with natural rhythms of work and rest. Genesis 8:22 reminds us that seasons and cycles are intentional and designed to sustain life.

Psalm 90 urges wisdom in how we use our time. Numbering our days means living with awareness and intentionality, creating sustainable patterns rather than reactive busyness.

Isaiah 40 speaks again of renewal, emphasizing that strength comes in cycles of dependence on God. Today, evaluate the rhythms in your life. What natural cycles of work and rest can you embrace to care for your whole being?



Reflect and Apply

1. What natural rhythms do you see in your life or the world around you?

2. How intentional are you about scheduling work and rest?

3. What rhythms would help your soul heal and maintain balance?



Day 14: 🏕️ Creating Healthy Rhythms

Journaling Prompts

1. Track your typical week's work and rest patterns.

2. Plan one adjustment to create a healthier rhythm.

3. Write a prayer asking God to teach you wise rhythms.



Day 14: 🏡 Creating Healthy Rhythms

Prayer for Today

Creator God, teach me to live in rhythms that reflect Your design. Help me to use my time wisely and embrace rest as essential. Renew my strength as I depend on You through natural cycles. Amen. 🏡 🌱 🙏





Day 15: 🏔️ Starting the Day with God



Day 15: 🌄 Starting the Day with God

Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

Supporting Scriptures

- *Psalm 5:3 - "In the morning, Lord, you hear my voice; in the morning I lay my requests before you."*
- *Mark 1:35 - "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."*



Day 15: 🌄 Starting the Day with God

Devotional: Inviting God at Daybreak

How we begin each day sets the tone for work, rest, and everything in between. Lamentations 3:22–23 offers hope that God’s mercies are fresh every morning—a perfect foundation for facing daily demands.

Psalm 5 and Mark 1 model starting the day with intentional time in God’s presence, laying down requests and seeking guidance. Jesus’ example emphasizes solitude and prayer as essential.

Establishing a morning spiritual rhythm helps counteract workaholism by prioritizing God before busyness. Today, consider setting aside early moments to connect with God, inviting Him to lead your day’s work and rest.



Reflect and Apply

1. What is your current morning routine and where does God fit in?

2. How can starting the day with prayer influence your work and rest?

3. What small steps can you take to establish a morning connection with God?



Day 15: 🌄 Starting the Day with God

Journaling Prompts

1. Describe your ideal morning time with God.

2. Write about challenges or barriers to this habit.

3. Commit to one actionable step to start tomorrow differently.



Day 15: 🌄 Starting the Day with God

Prayer for Today

Lord, may Your loving mercies greet me each morning. Lead me daily as I seek You first. Help me create space for prayer and solitude. Guide my work and rest so they honor You. Amen. 🌄 🙏 📖





Day 16: 🎧 Managing Distractions and Overcommitment



Your Verse

Proverbs 4:25-27 - "Let your eyes look straight ahead; fix your gaze directly before you..."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *1 Corinthians 6:12 - "I have the right to do anything... but not everything is beneficial."*



Devotional: Choosing Focus and Saying No Gracefully

Workaholism often grows with distractions and a ‘yes’ attitude to every demand. Proverbs 4 urges focused vision and avoiding crooked paths, emphasizing intentional living.

Psalm 46 calls us to stillness, essential for clarity amidst noise. 1 Corinthians 6 reminds us that freedom does not mean doing everything; discernment safeguards our well-being.

Reducing distractions and learning to say no protects rest. Evaluate today your commitments and devices plumbing your attention. Choosing focus and boundary honoring God will help reclaim your soul.



Reflect and Apply

1. What distractions pull you away from rest and God's guidance?

2. How do you feel about setting boundaries in work or life?

3. In what areas can you say 'no' to honor your soul's health?



Journaling Prompts

1. List distractions that commonly steal your focus.

2. Write about feelings when considering saying 'no' to requests.

3. Plan how to set a boundary this week for your rest.



Day 16: 🎧 Managing Distractions and Overcommitment

Prayer for Today

Father, help me fix my gaze on You and avoid distractions. Give me courage to say no when needed and to rest fully. Teach me to be still and know You daily. Guide my choices for the good of my soul. Amen. 🎧 🛑 🙏





Day 17: 💡 Wisdom in Work Planning



Your Verse

Proverbs 16:3 - "Commit to the Lord whatever you do, and he will establish your plans."

Supporting Scriptures

- *Ecclesiastes 7:8 - "The end of a matter is better than its beginning..."*
- *Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord."*



Day 17: 💡 Wisdom in Work Planning

Devotional: Planning Work with God's Wisdom

Intentional planning rooted in God's guidance helps overcome frantic workaholism. Proverbs 16:3 encourages committing our work to the Lord to have established plans that align with His will.

Ecclesiastes 7:8 teaches patience and perseverance—ends are more important than beginnings. Colossians 3 invites putting heart into work as service to God, not just human standards.

Today, review your work plans through prayerful commission to God. Ordering your work with spiritual wisdom will help avoid burnout and invite God's blessing.



Reflect and Apply

1. How often do you pray over your work plans and priorities?

2. What are signs you might be rushing the process?

3. How can you dedicate work efforts as service to God?



Journaling Prompts

1. Outline your current week's work plan and assess alignment with God's will.

2. Write a prayer committing your work to God.

3. Reflect on ways to work wholeheartedly yet restingly.



Day 17: 💡 Wisdom in Work Planning

Prayer for Today

Lord, I commit my work and plans to You. Guide me to work with wisdom, patience, and wholeheartedness as serving You. Help me avoid rushing and find rest amid effort. May my labor glorify You. Amen. 💡 📅 🙏





Day 18: Restoring Inner Peace



Day 18: 📖 Restoring Inner Peace

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*



Day 18: 📖 Restoring Inner Peace

Devotional: Receiving God's Peace Over Anxiety

Inner peace is a profound remedy for restlessness caused by overwork. Jesus promises a peace unlike the temporary calm the world offers. John 14:27 is a heart invitation to receive divine peace that sustains us.

Philippians encourages casting all anxiety upon God through prayer, making room for an unexplainable peace that guards our hearts and minds. Isaiah assures that steadfast trust results in perfect peace.

Today, bring your worries to God in prayer. Embrace His peace as a balm to your fatigued soul, breaking cycles of anxiety linked to workaholism.



Reflect and Apply

1. What anxieties fuel your workaholism?

2. How open are you to receiving God's peace?

3. What steps can you take daily to guard your heart and mind?



Day 18: 🕯 Restoring Inner Peace

Journaling Prompts

1. List anxieties that often arise related to work.

2. Write a prayer asking God for His peace.

3. Reflect on changes when you surrender worries to God.



Day 18: 🕯️ Restoring Inner Peace

Prayer for Today

Prince of Peace, I receive the peace You offer—peace not as the world gives. Help me trust You fully and cast my anxieties on You. Guard my heart and mind today with Your perfect peace. Amen. 🕯️ 🙏 🙌





Day 19: 🌸 Healing Emotional Wounds



Day 19: 🌸 Healing Emotional Wounds

Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- *Isaiah 61:1 - "...to bind up the brokenhearted, to proclaim freedom for the captives."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 19: 🌸 Healing Emotional Wounds

Devotional: Inviting God to Heal Your Heart

Workaholism may mask deeper emotional wounds and weariness. Psalm 147 reminds us that God is a healer of broken hearts, tending to our hidden hurts gently.

Isaiah calls out God's mission to bring freedom and healing, a hope echoed by Jesus inviting the weary to find rest in Him (Matthew 11:28).

Today, be honest with God about any emotional pain fueling your busyness. Invite Him to heal and restore your soul so that rest and freedom can become realities, not just ideals.



Reflect and Apply

1. Are there emotional hurts influencing your work habits?

2. How comfortable are you bringing your brokenness to God?

3. What freedom might come from healing these wounds?



Day 19:  Healing Emotional Wounds

Journaling Prompts

1. Write about emotional burdens you carry with workaholism.

2. Journal a prayer for healing and release.

3. Describe how restored emotions could transform your rest.



Day 19: 🌸 Healing Emotional Wounds

Prayer for Today

Healer God, You know my hidden wounds and weariness. I invite You to heal my broken heart and bind my pain. Help me trust You with my burdens so I can rest fully and live freely. Amen. 🌸 ❤️ 🙏





Day 20: Cultivating Gratitude and Contentment



Day 20:  Cultivating Gratitude and Contentment

Your Verse

1 Thessalonians 5:18 - "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- *Philippians 4:11 - "I have learned to be content whatever the circumstances."*
- *Psalms 100:4 - "Enter his gates with thanksgiving and his courts with praise."*



Day 20:  Cultivating Gratitude and Contentment

Devotional: Embracing Gratitude to Find Contentment

Gratitude and contentment are powerful antidotes to the endless striving of workaholism. 1 Thessalonians 5:18 encourages thanksgiving as God's will, even amid challenges.

Paul's example in Philippians shows that contentment is learned—a spiritual discipline that reshapes perspective. Psalm 100 invites entering God's presence with praise and gratitude.

Today, cultivate a heart of gratitude for what God has provided. Let contentment with God's provision reduce the pressure to overwork. Gratitude opens us up to rest and joy in every season.



Reflect and Apply

1. How often do you pause to thank God in your daily routine?

2. What areas of discontent might fuel your workaholism?

3. How can practicing gratitude influence your rest?



Journaling Prompts

1. List three things you are grateful for today.

2. Write about a time contentment brought you peace.

3. Commit to a daily gratitude practice for the coming week.



Day 20: 🍷 Cultivating Gratitude and Contentment

Prayer for Today

Father, teach me to give thanks always and to find contentment in You. Help me recognize Your blessings and rest in Your provision. May gratitude fill my heart and free me from endless striving. Amen. 🍷 🙏 🌿





Day 21: 🚩 Living Restored and Free



Day 21: 🚩 Living Restored and Free

Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- *Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*
- *Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."*



Day 21: 🚩 Living Restored and Free

Devotional: Empowered to Live Free and Rested

Today marks the culmination of your journey to break free from workaholism and reclaim rest. 2 Timothy 1:7 assures that God's Spirit empowers you with love, power, and essential self-discipline to walk in freedom.

Galatians describes the fruit the Spirit produces in a restored life—peace, patience, kindness—all markers of a soul in Sabbath rest.

Romans comforts with no condemnation in Christ, inviting you to live confidently renewed and free. You are empowered by God's Spirit to maintain balance, rest, and joy in your daily life. Continue walking in this freedom with faith and gratitude.



Reflect and Apply

1. What changes have you noticed in your attitude towards work and rest?

2. How can God's Spirit equip you to maintain healthy rhythms?

3. What steps will you take to continue protecting your soul's rest?



Journaling Prompts

1. Reflect on personal victories during this 21-day study.

2. Write commitments to safeguard rest and balance moving forward.

3. Pray for ongoing empowerment and self-discipline.



Day 21: 🚩 Living Restored and Free

Prayer for Today

Holy Spirit, thank You for empowering me with love, power, and self-discipline. Help me to continue walking in freedom from workaholism, living with peace and joy. Guard my soul and guide my steps in balanced rest. May my life honor God in all ways. Amen. 🚩 ✨ 🙏





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