## Embracing Rest: A Woman's Journey to Stillness and Sabbath



Discover how women can overcome busyness, embrace intentional rest, and cultivate peace through stillness and Sabbath in daily life.





#### Table of contents

<u>Introduction</u>	3
Day 1: J The Gift of Rest from God	5
<u>Day 2:  ⇔ Battling Busyness with God's Strength</u>	11
Day 3:   Learning Stillness in a Noisy World	17
<u>Day 4: ★ The Sabbath: Joyful Rest and Renewal</u>	23
Day 5: Embracing Grace Over Performance	29
Day 6: S Finding Peace in God's Presence	35
Day 7: 🔀 Living with Intention: Choosing Rest Daily	41







#### Introduction

Welcome to this 7-day journey focused on "Embracing Rest: A Woman's Journey to Stillness and Sabbath." In an age where busyness often defines our worth and schedules overflow with endless tasks, many women find themselves caught in a relentless whirlwind. This study invites you to intentionally step away from the frenetic pace and discover the divine invitation to rest, renewal, and peace. God's design for us includes rhythm—moments of work and moments of rest, moments of doing and moments of simply being.

Throughout Scripture, women have played pivotal roles—exemplifying strength, faith, leadership, and courage. Yet even these extraordinary women experienced the need for rest, reflection, and reliance on God's provision. By embracing stillness and Sabbath, we not only honor God's commandments but also nurture our souls, align our hearts with His, and cultivate resilience amidst life's pressures.

This study will gently guide you through biblical truths, encouraging reflection, prayer, and journaling as tools for sustainable change. Each day unlocks a powerful lesson about why rest is essential, how busyness can steal our joy, and practical ways to reclaim peace by being still before the Lord. With intentional choices, you can learn to live guided by God's rhythms rather than hectic demands.







Whether you are a busy mom, a professional woman, or someone longing for deeper connection with God and yourself, this study is crafted for you. May it inspire you to say yes to purposeful rest and no to unceasing busyness. May you find freedom in God's grace and discover the beauty of Sabbath rest as a lifelong gift. Let's begin this transformative journey toward peace, purpose, and wholeness—together.

















#### 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."

#### **Supporting Scriptures**

- Exodus 20:8 "Remember the Sabbath day by keeping it holy."
- Psalm 46:10 "Be still, and know that I am God."







#### Devotional: Rest: A Divine Invitation, Not a Burden

Rest is not an afterthought; it is a divine gift woven into creation itself. In *Genesis 2:2–3*, after creating the world, God intentionally rested on the seventh day, setting a sacred precedent. The Sabbath is not a burden but a rhythm marked by intentional stillness and renewal. For women navigating the complex demands of life, understanding rest as a God–given grace is crucial.

Busyness often becomes a badge of honor, but it can quickly rob us of joy and spiritual vitality. God invites you to pause—to celebrate your worth beyond productivity and find your identity in Him. Rest is an act of trust: trusting that God is sovereign, that your value is not tied to achievements, and that your soul needs care.

Today, reflect on how you view rest. Could it be a sacred space to receive from God rather than an interruption? Choosing Sabbath rest honors God's design and restores your body, mind, and spirit. Let's begin this journey by acknowledging that rest is holy, necessary, and deeply loving.







## Reflect and Apply

1.	How do I typically view rest: a luxury, an obligation, or a gift from God?
	In what ways has busyness affected my spiritual and emotional well-being?
	What might it mean for me to trust God by intentionally choosing rest today?







### **Journaling Prompts**

1.	Write about a time when rest deeply refreshed your soul.
2.	List current areas of busyness where you need God's peace.
3.	Describe what Sabbath rest could look like practically in your life.







#### Prayer for Today

Father, thank You for the gift of rest woven into creation. Help me to receive Your invitation to pause and be renewed. Teach me to trust in Your sovereignty and to find my identity in You rather than busyness. Give me the courage to embrace Sabbath rest with intention and joy. May Your peace guard my heart and renew my spirit as I rest in Your presence. *In Jesus' name, Amen.* 







# Day 2: Battling Busyness with God's Strength









Day 2: Day 2: Battling Busyness with God's Strength

#### Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

#### **Supporting Scriptures**

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- Philippians 4:6–7 "Do not be anxious about anything... the peace of God will guard your hearts."







Day 2: Day 2: Battling Busyness with God's Strength

#### Devotional: Exchanging Burdens for His Rest

Busyness can become an invisible weight that drains our soul and steals joy. Jesus' tender invitation in *Matthew 11:28* speaks directly to the heart of the weary woman. When the demands of life feel overwhelming, He offers rest—not just physical, but soul-deep tranquility.

It's easy to fall into self-reliance, pushing ourselves to exhaustion, thinking our value depends on productivity. But true strength comes from hope in the Lord. *Isaiah 40:31* reminds us that waiting on God renews our energy and perspective. This waiting is active trust—a purposeful surrender of control that replaces anxiety with peace.

Today, focus on exchanging your burdens for God's rest. Lay down your striving and receive His strength. In the midst of busyness, cultivating moments to surrender and pray brings God's perfect peace. You are not alone; God's power is made perfect in our weakness.







Day 2: Day 2: Day 2: Day 2: Day 3: Da

## Reflect and Apply

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om God's help?
my weariness?







Day 2: Day 2: Day 2: Strength

### **Journaling Prompts**

1.	Describe how it feels to bring your burdens to Jesus today.
	List ways you can intentionally pause and pray when life feels overwhelming.
3.	Reflect on a time God gave you renewed strength amid challenges.







Day 2: Day 2: Battling Busyness with God's Strength

#### Prayer for Today

Lord Jesus, You see my weariness and know my burdens. I come to You today, asking for rest and renewal. Teach me to surrender my busyness and find strength in Your presence, even when life seems overwhelming. Replace my anxiety with Your peace that guards my heart and mind. Help me to trust You daily and walk in Your grace. *Thank You for being my refuge and strength.*Amen.







## Day 3: Day Stillness in a Noisy World









Day 3: 💮 Learning Stillness in a Noisy World

#### Your Verse

Psalm 46:10 - "Be still, and know that I am God."

#### **Supporting Scriptures**

- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."
- Lamentations 3:25 "The Lord is good to those who wait for him."







Day 3: 💮 Learning Stillness in a Noisy World

#### Devotional: Choosing Stillness in Busy Seasons

Amid the constant noise and distractions of life, stillness can feel elusive and even uncomfortable. Yet God calls us in *Psalm 46:10* to "Be still, and know that I am God." Stillness is not just inactivity; it is intentional presence—quieting our hearts to sense God's nearness and sovereignty.

Jesus modeled this need for solitude in *Mark 6:31* when He invited His disciples to retreat to a quiet place. Busy women today can benefit deeply from such intentional pauses to rest and reflect. In stillness, we hear God's voice more clearly, become aware of His peace, and are renewed in our purpose.

The challenge is to choose stillness daily despite a culture that prizes doing. Waiting on God, as Lamentations reminds us, reveals His goodness and faithfulness. Embrace the gift of stillness as an invitation to deepen your relationship with Him.







Day 3: ? Learning Stillness in a Noisy World

## Reflect and Apply

1.	What distracts me most from being still before God?
2.	How does stillness deepen my awareness of God's presence?
3.	In what ways can I cultivate regular quiet times despite a busy schedule?







Day 3: 🕸 Learning Stillness in a Noisy World

### **Journaling Prompts**

1.	Write about a recent moment when you experienced true stillness.
2.	Plan a specific time and place for quiet reflection this week.
3.	Reflect on barriers or fears about slowing down and being still.







Day 3: 💮 Learning Stillness in a Noisy World

#### Prayer for Today

**God, help me to be still in the busyness of life.** Quiet my heart and tune my spirit to Your voice. Teach me to embrace moments of solitude as opportunities to know You more deeply. Remind me that in stillness, I find renewal and clarity. Thank You for Your faithfulness as I learn to wait on You patiently. *In Your peaceful name, Amen.* ♠ ▲ ■















#### Your Verse

Exodus 20:8-10 - "Remember the Sabbath day by keeping it holy...for in six days the Lord made the heavens and the earth."

#### **Supporting Scriptures**

- Hebrews 4:9-10 "There remains a Sabbath-rest for the people of God."
- Mark 2:27 "The Sabbath was made for man, not man for the Sabbath."







#### Devotional: Reclaiming the Gift of Sabbath Rest

The Sabbath is more than a command; it's a gift of joyful rest and a sacred pause in our lives. In *Exodus 20*, God commands His people to remember the Sabbath and keep it holy—emphasizing its importance as part of His design to care for us.

Hebrews reassures us that a Sabbath rest remains—a spiritual and physical rest available to all who believe. The Sabbath was created for our benefit, not as a burden or restrictive law. It points us to a rhythm where work is balanced with rest and celebration.

As women entrapped by busyness, embracing Sabbath offers freedom. It reminds us our worth is not tied to productivity but to God's love. Setting aside time intentionally for the Lord each week refreshes our bodies and souls. Today, consider how you might reclaim this sacred rhythm and welcome God's renewal.







## Reflect and Apply

1.	How do I currently observe Sabbath rest, if at all?
2.	What makes it challenging for me to keep the Sabbath holy?
3.	How might embracing Sabbath deepen my trust in God's provision?







### **Journaling Prompts**

1.	Write about what Sabbath rest means to you personally.
2.	List ways you can incorporate restful habits into your Sabbath time.
3.	Reflect on attitudes or guilt that come up when you slow down.







#### Prayer for Today

**Lord, thank You for the gift of the Sabbath.** Help me to remember and keep this day holy with joy and gratitude. Teach me to trust that rest refreshes my soul and honors You. Free me from busyness and guilt when I pause to worship and renew my spirit. May Sabbath be a sacred rhythm that restores my whole being. *In Jesus' name, Amen.* 🏠 🚨

















Day 5: W Embracing Grace Over Performance

#### Your Verse

Ephesians 2:8-9 - "For it is by grace you have been saved, through faith...not by works, so that no one can boast."

#### **Supporting Scriptures**

- Colossians 2:23 "These regulations...have an appearance of wisdom... but they lack any value in restraining sensual indulgence."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 5: W Embracing Grace Over Performance

#### Devotional: Resting in God's Grace, Not Performance

Busyness often stems from a desire to prove our worth through performance and achievements. Yet the Bible clearly teaches that our value is rooted in God's grace, not in what we do or accomplish. *Ephesians 2:8-9* reminds us that salvation—and by extension, our identity—is a gift received through faith, not earned by works.

Sometimes, women can feel pressure to fulfill every role perfectly, to say yes endlessly, or to wear busyness as a symbol of significance. But such striving can lead to burnout, self-condemnation, and a disconnection from God's peace.

God's grace invites us to rest from perfectionism and embrace His empowerment. When we acknowledge our limitations and our need for Him, we discover His strength shining brightest through our weaknesses (*2 Corinthians 12:9*). Today, release the need to perform and receive the freedom found only in His abundant grace.







Day 5: 👺 Embracing Grace Over Performance

## Reflect and Apply

	In what ways do I try to earn acceptance through busyness or accomplishments?
2.	How does God's grace challenge my pursuit of perfection?
	What areas of my life need more reliance on God's power rather than my own strength?







Day 5: 👺 Embracing Grace Over Performance

### **Journaling Prompts**

1.	Write about how grace transforms your view of yourself and your worth.
2.	List any perfectionist tendencies that lead to unnecessary busyness.
3.	Reflect on moments God's strength was evident in your weakness.







Day 5: W Embracing Grace Over Performance

#### Prayer for Today

Gracious Father, thank You that I am saved and loved by Your grace alone.

Help me to let go of striving and performance that drain my soul. Teach me to rest in Your sufficiency and power, especially when I feel weak or overwhelmed. Fill me with peace that comes from knowing I am enough in You. I receive Your grace today with a grateful heart. *In Jesus' name, Amen.* 



















Day 6: 餐 Finding Peace in God's Presence

#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything...and the peace of God, which transcends all understanding, will guard your hearts."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 6: 餐 Finding Peace in God's Presence

#### Devotional: God's Peace Guards Our Anxious Hearts

Peace is a profound fruit of choosing rest and surrendering worry to God.

Philippians 4:6-7 encourages us not to be anxious but to bring every concern to God in prayer. When we do this, His peace—far beyond human understanding—guards and sustains our hearts.

Women facing overwhelming days, deadlines, and to-do lists often struggle with anxiety. Yet God's peace is available and real, inviting us into a calm assurance rooted in His presence. Jesus promised in *John 14:27* that His peace is different from the world's—deep, lasting, and unshakable.

This peace softens the grip of busyness and cultivates a steadiness of mind and spirit. As you embrace rest and Sabbath, allow God's peace to transform your inner landscape. Fix your mind on Him and experience the serene shelter found only in His care.







Day 6: 👸 Finding Peace in God's Presence

## Reflect and Apply

1.	What worries or anxieties tend to disrupt my rest?
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2.]	How can I practically bring my concerns to God in prayer more often?
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	What does it mean to experience the peace that surpasses understanding?
-	
-	







Day 6: 👸 Finding Peace in God's Presence

### **Journaling Prompts**

	Write about a time when God's peace surprised you in a stressful situation.
2.	List anxieties you can surrender to God right now in prayer.
	Reflect on how embracing Sabbath rest influences your experience of peace.







Day 6: 餐 Finding Peace in God's Presence

#### **Prayer for Today**

Heavenly Father, I bring my anxieties and burdens to You. Replace my worry with Your perfect peace that guards my heart and mind. Teach me to fix my thoughts on You, trusting in Your unfailing love and care. May Your presence be my refuge and strength amid every challenge. Thank You for the peace that only You can give. *In Jesus' name, Amen.* 







# Day 7: 🔀 Living with Intention: Choosing Rest Daily









Day 7: 🔅 Living with Intention: Choosing Rest Daily

#### Your Verse

Psalm 62:5 - "Yes, my soul, find rest in God; my hope comes from him."

#### **Supporting Scriptures**

- Romans 12:2 "Be transformed by the renewing of your mind."
- Matthew 6:33 "Seek first his kingdom and his righteousness."







Day 7: 🔁 Living with Intention: Choosing Rest Daily

## Devotional: Choosing Daily Rest with Intention and Hope

Our final day invites us to embrace a lifestyle of intentional rest, rooted in hope and transformation. *Psalm 62:5* encourages the soul to find its rest in God, affirming that true peace and renewal flow from our relationship with Him.

Choosing rest is not a one-time event but a daily decision to align our priorities with God's kingdom. *Romans 12:2* challenges us to be transformed by renewing our minds—replacing stress-driven patterns with peace-centered focus. When we seek God first, as Jesus instructs in *Matthew 6:33*, our actions reflect purposeful living rather than reactive busyness.

Let this journey empower you to integrate Sabbath principles into everyday life. It's not about perfection but progress—intentionally crafting space for God's rest, peace, and presence. As you continue beyond this study, may your heart remain fixed on Him, your soul refreshed, and your steps steady on the path of grace.







Day 7: 🎇 Living with Intention: Choosing Rest Daily

## Reflect and Apply

	How can I cultivate intentional rest as a daily practice, not just a weekly event?
2.	What mental habits need renewing to support a lifestyle of Sabbath rest?
3.	In what ways can seeking God first transform how I approach busyness?







Day 7: 🎇 Living with Intention: Choosing Rest Daily

### **Journaling Prompts**

	Plan a practical daily routine that includes moments of rest and reflection.
2.	Write about how hope in God influences your choice to rest intentionally.
	Identify one area where you can begin renewing your mind starting today.







Day 7: 🔁 Living with Intention: Choosing Rest Daily

#### Prayer for Today

Lord, help me to live each day with intention, choosing rest and hope in You.

Renew my mind and transform my patterns so I seek Your kingdom first. May my soul find continuous rest in Your presence, guiding my steps in grace and peace. Empower me to embrace Sabbath principles daily, trusting Your faithfulness to sustain me. *Thank You for being my refuge and strength forever.* Amen. 😂 🙏 👄







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