



Finding Rest Through Trust in God



Discover deep rest and renewal by trusting God fully, guided by wisdom in Proverbs 19:23 and related Scriptures.



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Introduction

Welcome to this three-day journey focused on *finding true rest through trusting God*. In a world filled with uncertainty, stress, and endless demands, the Bible offers timeless wisdom to guide us toward peace and spiritual renewal. Our key verse for this study, *Proverbs 19:23*, reminds us that "The fear of the LORD leads to life; then one rests content, untouched by trouble." Here, "fear" is not about anxiety but reverent trust and awe in God's presence and promises.

This study will explore how trusting God can lead to profound rest—rest that does not depend on our circumstances but on the unshakable character of God. We will look at how living in reverence and confidence in the Lord transforms our hearts, disciplines our minds, and anchors our souls through life's storms.

Each day, you will encounter Scripture readings, devotional reflections, and thoughtful questions to deepen your understanding and application.

Whether you are overwhelmed by life's pressures or simply longing for peace, this study invites you to lean into God's faithful care. Prepare to rest in His promise and experience the calm, confident life that springs from wholehearted trust in Him. Let's begin this journey together, embracing the rest God has prepared for us!





Day 1: 🌿 Embracing Reverence for True Rest



Your Verse

Proverbs 19:23 – “The fear of the LORD leads to life; then one rests content, untouched by trouble.”

Supporting Scriptures

- *Psalm 4:8 – “In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.”*
- *Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*



Day 1: 🌿 Embracing Reverence for True Rest

Devotional: Reverence Leads to Life and Rest

Today's focus is on the meaning of 'fear of the LORD' and its connection to **genuine rest**. The phrase *fear of the LORD* in Scripture is not about terror but about deep respect, awe, and trust in God's authority and loving nature. When we live with the awareness of God's holiness and care, it shapes our choices and calms our hearts.

Proverbs 19:23 tells us that this reverence leads to life—not just physical life, but a full, rich life energized by God's presence. True rest comes when we stop striving on our own and recognize God's protection and sovereignty over our lives. Psalm 4:8 reassures us that God alone makes our dwelling safe, so we can lie down and rest without fear.

Ask yourself: How does respecting and trusting God impact your ability to find peace in daily struggles? Could cultivating reverence for God deepen your experience of rest?



Day 1: 🌿 Embracing Reverence for True Rest

Reflect and Apply

1. What does 'fear of the LORD' mean to you personally?

2. In what areas of your life do you struggle to trust God fully?

3. How can embracing reverence improve your peace in anxious moments?



Journaling Prompts

1. Write about a time when trusting God brought you peace.

2. List ways you can develop a greater reverence for God.

3. Describe how resting in God feels different from worldly rest.



Day 1: 🌿 Embracing Reverence for True Rest

Prayer for Today

Father, thank You for the promise that trusting You leads to life and rest. Help me to develop a deep reverence for You that transforms my heart. When worries arise, remind me that I am safe in Your hands, and teach me to rest content knowing You reign. Fill me with Your perfect peace, guarding my mind and spirit. In Jesus' name, Amen. 🙏 🌿 ❤️





Day 2: 🌊 Trusting God Amid Life's Storms



Your Verse

Psalm 62:5-6 – “Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.”

Supporting Scriptures

- *Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”*
- *Philippians 4:6-7 – “Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and minds.”*



Devotional: Rest Found in God's Unshakable Strength

Resting in God becomes vital especially when life is full of challenges and uncertainties. Psalm 62:5–6 teaches us that our souls can find rest only in God, who is unshakable—a rock and fortress amidst the shifting sands of life.

Trusting God in difficult times means surrendering control and leaning on His strength. Jesus invites the weary and burdened to come to Him for rest (Matthew 11:28). This invitation is for all who are exhausted by worry and effort.

Philippians 4:6–7 reminds us not to be anxious but to present our requests to God through prayer. As we do, the peace of God—a peace far beyond human understanding—guards both our hearts and minds. This spiritual protection is a sign of God's faithful presence, not dependent on circumstances but on His character.

Today, reflect on what it means to actively trust God and receive the rest He offers in the midst of the storms.



Reflect and Apply

1. How do you typically respond to stress or uncertainty?

2. What keeps you from fully trusting God when life is hard?

3. How can prayer help you experience the peace God promises?



Journaling Prompts

1. Write about a personal storm and how God helped you through it.

2. Identify any fears or anxieties you can give to God today.

3. Describe what it feels like when God's peace guards your heart.



Day 2: 🌊 Trusting God Amid Life's Storms

Prayer for Today

Lord, I bring my worries and burdens to You today. Help me to stop striving and rest in Your strength, knowing You are my rock and fortress. Teach me to trust You fully, even when life is uncertain or difficult. Surround me with Your peace that surpasses all understanding. Thank You for Your constant presence and unfailing love. In Jesus' name I pray, Amen. 🙏🌊🕊️





Day 3: 🌻 Living in God's Rest Every Day



Day 3: 🌻 Living in God's Rest Every Day

Your Verse

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, just as God did from his."

Supporting Scriptures

- *Exodus 33:14 - "My Presence will go with you, and I will give you rest."*
- *Matthew 6:25-27 - "Do not worry about your life... Your heavenly Father knows that you need them."*



Day 3: 🌻 Living in God's Rest Every Day

Devotional: Embracing God's Lifestyle of Rest

God's rest extends beyond a momentary pause; it is a lifestyle reflecting trust in His provision and presence. Hebrews 4:9–10 reveals that God offers a special Sabbath-rest—a spiritual resting place where we cease striving and abide in Him fully.

Just as God rested after creation, He invites us to embrace rest from our own efforts and anxieties. In *Exodus 33:14*, God promises His presence will accompany us and bring rest, reminding us that true rest is relational and ongoing.

Jesus addresses daily worries directly in Matthew 6:25–27, assuring us that God knows our needs and cares deeply. When we shift from anxious activity to trusting dependence, we experience life abundant and free from the stress of self-reliance.

Today, consider what it means to live intentionally in God's rest each day—choosing trust over worry, presence over performance.



Reflect and Apply

1. What would it look like to live daily in God's rest?

2. How can you practice ceasing your own work and trusting God more?

3. In what ways does God's presence bring you peace in routine life?



Journaling Prompts

1. Write about habits that help or hinder your experience of God's rest.

2. Reflect on how Jesus' teaching on worry challenges you personally.

3. Plan practical ways to incorporate Sabbath-rest into your week.



Day 3: 🌻 Living in God's Rest Every Day

Prayer for Today

Gracious God, thank You for offering a Sabbath-rest for my soul. Teach me to stop striving in my own strength and to live daily in Your presence and peace. Help me to trust Your provision, to lay down my worries, and to experience the freedom found in resting with You. Restore my soul and renew my heart as I embrace Your rest as a daily lifestyle. In Jesus' name, Amen. 🌻 🕊️ 🌟





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