# God's Design for Rest in a Hustle Culture



Explore God's call for women to embrace Sabbath rest and break burnout through His design in a relentless world.





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#### Introduction

Welcome to this 7-day Bible study on *God's Design for Rest in a Hustle Culture*. In today's fast-paced world, especially for women juggling multiple roles, the pressure to constantly perform can lead to exhaustion, stress, and burnout. But the Bible offers a powerful antidote: Sabbath rest—a divine invitation to pause, reflect, and rejuvenate under God's loving care.

Throughout Scripture, God reveals His heart for women called to embody strength, wisdom, and grace—not through relentless striving, but through surrender in His rhythm of rest and work. This study will walk you through timeless truths of rest, renewal, and God's sustaining power, encouraging you to break the cycle of burnout and embrace Sabbath living, even amidst the demands of modern life.

Each day, you will engage with Scripture, reflect deeply, and find practical encouragement for your unique journey. May these moments become sacred pauses, helping you realign your life with God's peace, joy, and abundant life. You are cherished, and God's design is to restore your soul and empower your calling.







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Day 1: **B** Embracing God's Rhythm 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."

#### **Supporting Scriptures**

- Exodus 20:8 "Remember the Sabbath day by keeping it holy."
- Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."







Day 1: **B** Embracing God's Rhythm of Rest

#### Devotional: Rest: God's Sacred Rhythm for Renewal

God's design for rest is rooted in creation itself. After six days of creating the world, God intentionally rested on the seventh day—Not because He was tired, but to set a holy example for us. In a culture that prizes constant productivity, God's rhythm invites women to step into rest as a sacred act of trust and worship.

When we embrace this rest, we acknowledge God as our Sustainer and Provider, allowing our souls to be refreshed. This does not mean laziness or avoidance of responsibility but honoring the boundary between work and rest. Rest becomes a spiritual discipline that renews us physically, emotionally, and spiritually.

As you start this journey, reflect on your current lifestyle — are you living in God's rhythm or the world's hustle? Let today be your starting point to reclaim Sabbath as a sanctuary in your week.







Day 1: 💋 Embracing God's Rhythm of Rest

## Reflect and Apply

	How do you currently view rest in your life? Is it a luxury, a necessity, or a burden?
	In what ways can you practically incorporate God's rhythm of rest into your weekly routine?
3.	What barriers prevent you from embracing Sabbath rest fully?







Day 1: 💋 Embracing God's Rhythm of Rest

## **Journaling Prompts**

1.	Write about a time when rest felt like a gift rather than an obligation.
2.	List activities that recharge your soul and could become part of your Sabbath practice.
3.	Describe what Sabbath rest looks like ideally in your life.







Day 1: **B** Embracing God's Rhythm of Rest

#### Prayer for Today

Lord, thank You for the beautiful example of rest You set for us at Creation.

Help me to embrace Your rhythm of work and rest, trusting that in pausing, You sustain me. *Teach me to see Sabbath as a gift, not a burden.* Restore my weary soul and guide me in breaking free from hustle culture's demands. May Your peace fill my heart as I learn to rest in You.

Amen. 🙏 🥬 💖 🖴















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







#### Devotional: Jesus Offers Rest that Revives the Soul

**Burnout is a common burden many women face today.** The pressure to perform can leave us weary, burdened, and spiritually dry. Yet, Jesus offers a radical invitation in Matthew 11:28—to come to Him with our weariness and receive true rest.

This rest is not just physical but deeply spiritual, restoring our inner strength and peace. It requires surrendering control and anxiety, trusting that God's grace is sufficient. Often, breaking free from burnout means redefining success and prioritizing soul care.

Reflect on what "weariness" looks like in your life. Jesus stands ready to exchange your heavy burdens for His restful yoke. Allow Him to renew you today, one step at a time.







## Reflect and Apply

	What burdens are you carrying that cause you spiritual or physical exhaustion?
	How can you cultivate trust in Jesus' promise of rest amid your responsibilities?
3.	What steps can you take to replace anxiety with prayer and thanksgiving?







## **Journaling Prompts**

1.	Write a letter to Jesus describing your weariness and asking for His rest.
2.	List worries you need to surrender to God today.
	Reflect on past experiences when God provided peace during difficult times.







#### **Prayer for Today**

**Jesus, I bring my weariness and burdens to You.** You promised rest for the weary, and I claim that promise today. *Help me to lay down my anxieties and trust in Your strength.* Renew my spirit and give me peace that surpasses understanding. Teach me to lean on You instead of my own efforts.

Amen. 💙 🖏 🙏

















Day 3: W The Gift of Sabbath Rest

#### Your Verse

Mark 2:27 - "The Sabbath was made for man, not man for the Sabbath."

#### **Supporting Scriptures**

- 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 works."
- Exodus 23:12 "Six days you shall do your work, but on the seventh day you shall rest."







Day 3: W The Gift of Sabbath Rest

#### Devotional: Sabbath: A Divine Gift, Not a Burden

Sabbath rest is a gift, not a legalistic burden. Jesus reminded His disciples that the Sabbath was made to benefit humanity—to refresh our bodies, minds, and spirits. It is meant to restore our relationship with God and others by creating space away from labor and distractions.

In a culture that values hustle and busyness, practicing Sabbath is a countercultural act of faith. It declares that our worth is not tied to productivity but to God's love. Observing Sabbath frees us from exhaustion and invites us to experience God's peace.

Consider how you can receive Sabbath as God's loving provision, designed to nurture your whole being.







Day 3: 🖏 The Gift of Sabbath Rest

## Reflect and Apply

	How does re-framing Sabbath as a gift rather than an obligation change your perspective?
2.	What cultural pressures make it difficult for you to observe Sabbath?
3.	What might Sabbath rest look like for you and your family?







Day 3: 🐯 The Gift of Sabbath Rest

## **Journaling Prompts**

1.	Write about your feelings when you think of taking a full day of rest.
2.	Describe ways to honor Sabbath that reflect God's intention for restoration.
3.	List practical ways to guard your Sabbath and protect it from distraction.







Day 3: 😂 The Gift of Sabbath Rest

#### **Prayer for Today**

**Father, thank You for the gift of Sabbath rest.** Help me to receive it with joy and gratitude, trusting that it restores my soul. *Teach me to honor this sacred time as a way to deepen my relationship with You.* Protect my Sabbath from distractions and fill it with Your peace and presence.

Amen. 🗱 🙏 🥬 💖







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#### Your Verse

Isaiah 30:15 - "In repentance and rest is your salvation, in quietness and trust is your strength."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Lamentations 3:25 "The Lord is good to those whose hope is in him, to the one who seeks him."







#### Devotional: Finding Strength in Quiet Trust

God's strength often flows to us in moments of quiet and trust. Isaiah reminds us that in stillness—repentance and rest—we find salvation and renewed strength. For women living in constant motion, it is counterintuitive but vital to slow down, be still, and trust God fully.

Quietness before God opens our hearts to His comfort, guidance, and power. It enables us to release control, repent where needed, and draw fresh strength for what lies ahead. Remember that rest is not weakness; it is a spiritual discipline that empowers us to face life with resilience.

Today, let stillness become your source of strength.







## Reflect and Apply

1.	In what areas of life do you struggle to be still before God?
	How might practicing quietness deepen your trust and renew your strength?
3.	What distractions can you intentionally set aside to embrace stillness?







## **Journaling Prompts**

1.	Describe a recent time when you felt renewed after resting and being still.
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2.	List ways to cultivate moments of quiet trust in your daily routine.
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3.	Reflect on what repentance means in your journey toward rest.
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#### Prayer for Today

**Lord, teach me to be still and know You.** In quietness and trust, may I find my strength renewed. *Help me release control and rest in Your care.* Restore my heart as I seek Your presence today and every day.

Amen. 🥬 😂 🐟 🙏

















Day 5: 👸 Cultivating Rest in Daily Life

#### Your Verse

Psalm 62:1-2 - "Truly my soul finds rest in God; my salvation comes from him."

#### **Supporting Scriptures**

- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."
- John 15:5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit."







Day 5: 
Cultivating Rest in Daily Life

#### Devotional: Rest in God: A Daily Nourishment

Rest is not just a once-a-week event; it's a daily necessity. The psalmist declares that true rest is found in God alone. When daily worries threaten to pull us under, God invites us to trust Him moment by moment. Remaining connected to Jesus, the true vine, infuses us with ongoing life and peace.

A hustle culture tempts us to pile up tasks without pause, but God calls women to cultivate intentional rest habits. These can include short pauses for prayer, breathing deeply, or simply placing our trust in God's provision throughout the day.

How can you bring Sabbath principles into everyday moments and allow your soul to find rest continually?







Day 5: igotimes Cultivating Rest in Daily Life

## Reflect and Apply

1.	What daily habits currently drain your energy and peace?
2.	How can you invite God's presence into small moments of your day for rest?
3.	What prevents you from trusting God fully with tomorrow's concerns?







Day 5: 餐 Cultivating Rest in Daily Life

## **Journaling Prompts**

1.	Record moments today where you sensed God's peace amid busyness.
2.	Identify practical small pauses you can add to your routine for rest.
3.	Write a prayer inviting Jesus to be your source of strength daily.







Day 5: 👸 Cultivating Rest in Daily Life

#### Prayer for Today

**God, my soul finds rest in You alone.** In the chaos of daily life, remind me to pause and trust in Your care. *Help me to remain connected to Jesus, bearing fruit through Your strength.* Teach me to live with peace today, free from worry.

Amen. 🎡 🙏 💖 🍆







## Day 6: Rest That Empowers Mission









Day 6: 😂 Rest That Empowers Mission

#### Your Verse

Luke 10:38–42 – "Martha was distracted by all the preparations... But only one thing is needed."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:23–24 "Whatever you do, work at it with all your heart, as working for the Lord."







Day 6: 🔀 Rest That Empowers Mission

#### Devotional: Rest Prepares Us for Purposeful Service

While serving others is vital, God calls us to rest that empowers our mission.

The story of Martha and Mary reminds us that endless busyness can distract us from what truly matters—being present with Jesus. Rest restores our focus and passion so that our service flows from God's peace, not our depleted strength.

For women called to many roles, Sabbath rest isn't neglect but preparation for fruitful work done with joy. When we take time to listen, receive peace, and recharge, we carry out God's mission more effectively and with a joyful heart.

Evaluate the balance between your service and your rest, and let Jesus' invitation to peace refresh you today.







Day 6: 😂 Rest That Empowers Mission

## Reflect and Apply

	Are you more like Martha, striving without rest, or Mary, sitting at Jesus' feet?
2.	How does rest influence the quality of your service to others?
3.	What changes can you make to ensure rest fuels your mission?







Day 6: 😂 Rest That Empowers Mission

## **Journaling Prompts**

1.	Describe how rest impacts your energy and heart for serving others.
	Reflect on a time when being present with Jesus changed your perspective.
	List ways to incorporate moments of stillness before or during your service.







Day 6: 🔀 Rest That Empowers Mission

#### Prayer for Today

**Jesus, thank You for inviting me to rest at Your feet.** Help me to balance work and rest so my service flows from Your peace, not my weariness. *Teach me to prioritize time with You and receive Your strength.* May my work bring glory to You and joy to my soul.

Amen. 🙏 👸 💙 🖏







## Day 7: Day 7: Civing Restfully in God's Grace









Day 7: 💮 Living Restfully in God's Grace

#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Ephesians 2:8-9 "For it is by grace you have been saved, through faith —and this is not from yourselves."
- Psalm 116:7 "Return to your rest, my soul, for the Lord has been good to you."







Day 7: 💮 Living Restfully in God's Grace

#### Devotional: Grace Empowers Restful Living

Grace is the foundation of a life lived in restful dependence on God. Paul's words remind us that God's power is perfected in our weakness, inviting us to surrender striving and embrace His sufficiency. For women weary from hustle culture, resting in grace means acknowledging that our identity and worth come from God, not our accomplishments.

Sabbath rest is a continual expression of faith in God's grace—a declaration that He sustains us and loves us unconditionally. As you conclude this study, may you walk forward rooted in this confidence, living restfully and joyfully in God's embrace.

Remember to return your soul to God often, allowing His goodness to replenish you.







## Reflect and Apply

	How does understanding God's grace help you release performance pressure?
2.	In what ways can you daily surrender your weakness to God's power?
3.	What steps can you take to live more consistently in Sabbath rest?







## **Journaling Prompts**

1.	Write about how God's grace has shown up during this study.
2.	Reflect on what it means to live 'restfully' in God's strength and love.
3.	Create a personal commitment or prayer to embrace Sabbath rest regularly.







Day 7: 🔅 Living Restfully in God's Grace

#### Prayer for Today

**Gracious God, thank You for Your sufficient grace.** Help me to embrace weakness as a place where your strength shines brightest. *Teach me to live restfully, trusting fully in Your love and provision.* May my life reflect Your peace and power as I continue walking in Your Sabbath rest.

Amen. 餐 🙏 💖 🥬



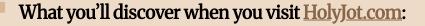




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