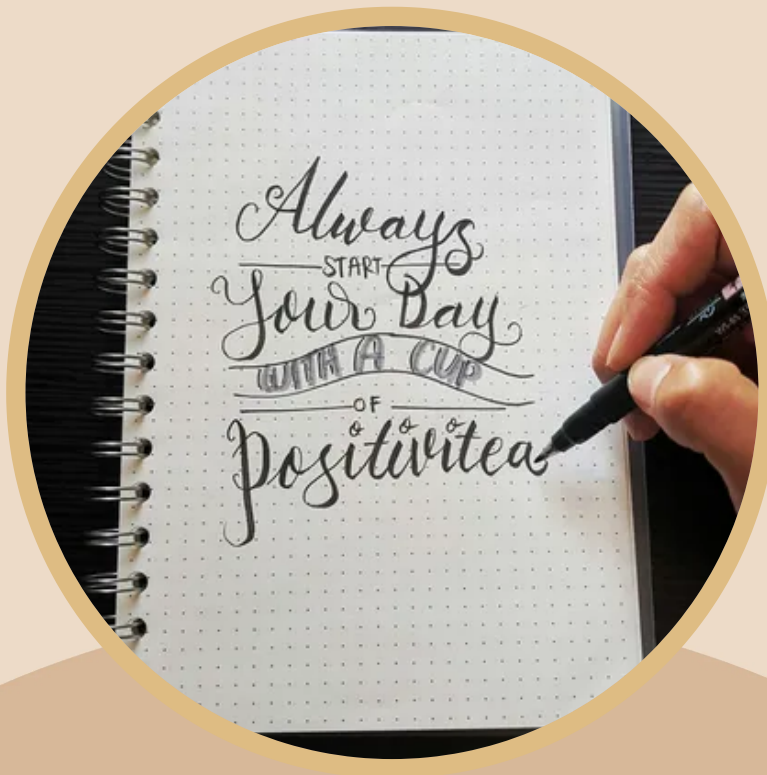




# Gratitude in Rest and Sabbath



Explore how gratitude deepens through Sabbath rest, renewing body, soul, and spirit in God's peaceful presence.

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## Introduction

**Welcome to this 7-day Bible study on Gratitude in Rest and Sabbath.** Our lives today are filled with busyness and endless activity. Many of us struggle to pause and find rest. Yet, God invites us to embrace the Sabbath—a sacred rhythm of rest as well as a gift to refresh our souls. As we slow down, we discover a deeper gratitude emerges, rooted in God’s gracious provision and faithfulness.

*Sabbath rest is more than a command; it’s an opportunity to experience God’s peace and recognize His blessings in every moment.* This week, we will explore Scripture to see how gratitude naturally flows when we enter into God’s rest. The Sabbath invites us to remember, rejoice, and renew with thankfulness, focusing not on what we lack, but on God’s abundant goodness.

Throughout these seven days, you will reflect on God’s design for rest, His provision in our lives, and the spiritual refreshment that gratitude in rest cultivates. May this study inspire a new rhythm of grace where you grow in thankfulness, experience deeper peace, and honor God by resting as He intended.

**Let us open our hearts to receive the blessings of Sabbath rest and cultivate a grateful spirit that transforms our daily living.**





## Day 1: 🛏 Embracing God's Gift of Rest



Day 1: 📖 Embracing God's Gift of Rest

## Your Verse

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



Day 1: 📖 Embracing God's Gift of Rest

## Devotional: Rest as God's Gift for Renewal

**God's rest is a divine invitation—not a suggestion.** In Genesis, after creating all things, God Himself rested on the seventh day. This was not because He was tired, but to set an example for us. Rest is a gift designed to restore and rejuvenate our bodies and souls. When we embrace God's gift of rest, we enter into a sacred space to appreciate His provision and care.

*The Sabbath reminds us to pause, reflect, and cultivate gratitude for God's ongoing faithfulness.* Taking time to rest isn't just physical. It is spiritual nourishment that deepens our connection with God. It opens our hearts to recognize the many blessings He bestows daily.

Today, consider how you can embrace Sabbath rest as a deliberate act of gratitude, trusting that God's work continues even when yours pauses.



Day 1: 📖 Embracing God's Gift of Rest

## Reflect and Apply

1. How do you currently view rest? Is it a burden or a blessing?

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2. In what ways can Sabbath rest deepen your gratitude for God's provision?

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3. What distractions keep you from fully embracing God's invitation to rest?

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Day 1: 📖 Embracing God's Gift of Rest

## Journaling Prompts

1. Describe a recent experience where resting helped renew your spirit.

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2. List three blessings you tend to overlook in your daily life.

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3. Write how you might incorporate intentional rest into your weekly routine.

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Day 1: 📖 Embracing God's Gift of Rest

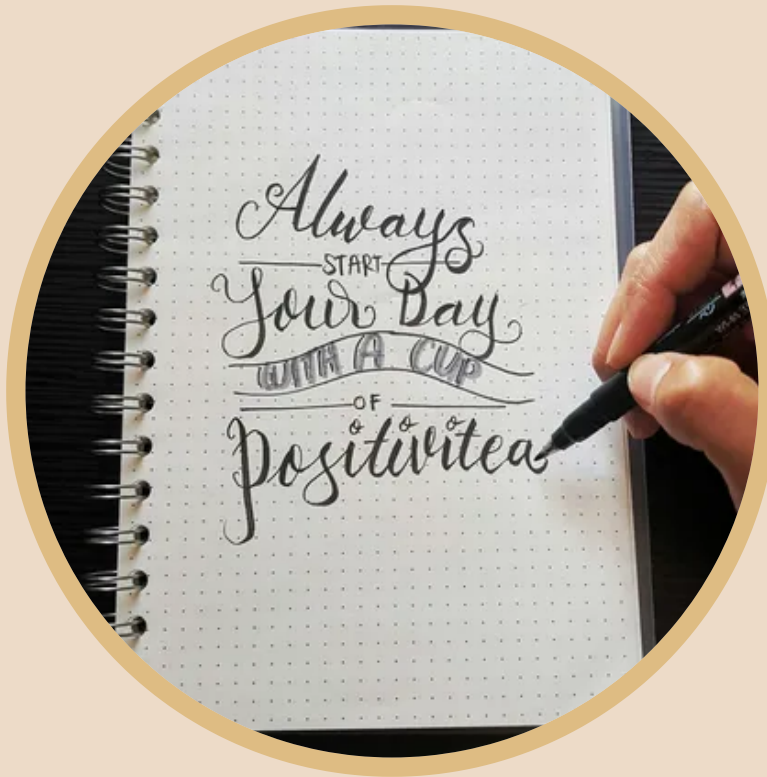
## Prayer for Today

**Dear Lord**, thank You for Your example of rest and for the gift of Sabbath. Help me to see rest not as wasted time but as a sacred opportunity to reconnect with You and cultivate gratitude. Teach me to trust Your provision even when I pause my own labors. Restore my soul and refresh my heart in Your presence. May gratitude flow naturally from moments of rest as I deepen my relationship with You. *In Jesus' name, Amen.* 🙏🌿👉





## Day 2: 🌱 Trusting God's Provision in Rest



Day 2: 🌿 Trusting God's Provision in Rest

## Your Verse

*Exodus 16:23 NIV - "Tomorrow is to be a day of Sabbath rest, a holy Sabbath to the Lord. So bake what you want to bake and boil what you want to boil and save whatever is left over to be kept until morning."*

## Supporting Scriptures

- *Matthew 6:31-33 - "So do not worry, saying, 'What shall we eat?'... But seek first his kingdom and his righteousness, and all these things will be given to you as well."*
- *Philippians 4:19 - "And my God will meet all your needs according to the riches of his glory in Christ Jesus."*



Day 2: 🌿 Trusting God's Provision in Rest

## Devotional: Faith and Gratitude in God's Provision

**Sabbath rest calls us to trust God's provision completely.** In the wilderness, God provided manna with clear instruction: prepare enough for six days and rest on the seventh. This act of obedience required faith that God's provision would be sufficient, even on the day of rest.

*Gratitude in rest grows when we rely on God's faithfulness rather than our own effort.* Worry and anxiety often come when we forget God's promises. The Sabbath invites us to step back, rest in Him, and acknowledge that He is our ultimate provider for every need.

Today, reflect on your trust in God's provision. Are you carrying worries that Sabbath rest can help release? Embrace gratitude by trusting God to sustain you as you cease striving.



Day 2: 🌿 Trusting God's Provision in Rest

## Reflect and Apply

1. What areas of your life are you tempted to control rather than trust God?

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2. How does resting on Sabbath challenge your reliance on God's provision?

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3. How can gratitude shift your perspective in times of uncertainty?

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Day 2: 🌱 Trusting God's Provision in Rest

## Journaling Prompts

1. Write about a time God provided for you unexpectedly.

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2. Identify worries you can surrender to God during your Sabbath rest.

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3. Describe how trusting God changes your approach to daily needs.

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Day 2: 🌿 Trusting God's Provision in Rest

## Prayer for Today

**Father God**, help me to trust You wholly, especially when I rest on the Sabbath. Teach me to rely on Your provision and stop striving in my own strength. Thank You for meeting my needs and inviting me to find peace in Your faithfulness. May my heart overflow with gratitude as I experience Your sustaining grace every day. *In Jesus' name, Amen.* 🌿 🙏 ❤️





## Day 3: 🏔️ Renewing the Soul through Sabbath





Day 3: 🌄 Renewing the Soul through Sabbath

## Your Verse

*Psalm 62:1-2 NIV - "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken."*

## Supporting Scriptures

- *Isaiah 40:31 - "But those who hope in the Lord will renew their strength."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 3: 🌱 Renewing the Soul through Sabbath

## Devotional: Finding Soul Renewal in God's Rest

**Beyond physical rest, Sabbath renews the soul.** Our spirits grow weary from life's demands and stresses. Psalm 62 reminds us that true rest and salvation come from God alone. When we pause to spend time with Him, our inner strength is restored.

*Gratitude flourishes in a soul refreshed by God's presence.* When we prioritize rest, we create space to experience His comfort and peace. The Sabbath becomes a sanctuary where weary hearts find refuge and renewed hope.

As you rest today, invite God to renew your soul. Let gratitude fill your heart for the peace only He can provide.



Day 3: 🌄 Renewing the Soul through Sabbath

## Reflect and Apply

1. How does God help your soul find true rest?

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2. What burdens do you need to lay down to experience deeper renewal?

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3. How can Sabbath rest become a refuge for your soul regularly?

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Day 3: 🌄 Renewing the Soul through Sabbath

## Journaling Prompts

1. Describe what soul rest feels like to you personally.

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2. Write a prayer asking God to renew your spirit during times of weariness.

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3. List ways you can prioritize spiritual rest in your weekly life.

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Day 3: 🌄 Renewing the Soul through Sabbath

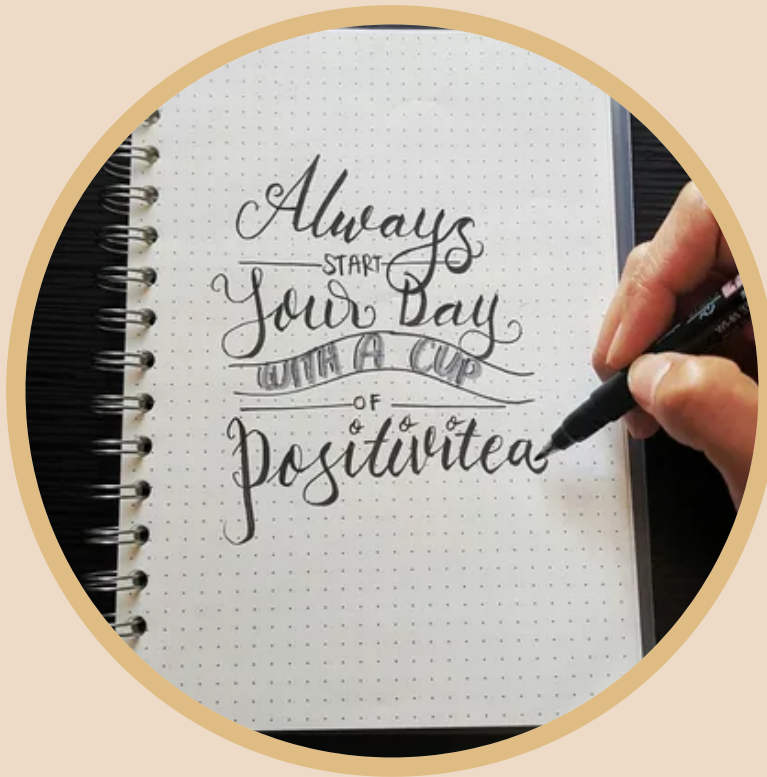
## Prayer for Today

**Lord**, I come to You weary and in need of Your rest. Renew my soul and strengthen my hope in Your unfailing love. Teach me to find refuge in Your presence and to embrace Sabbath as a sanctuary of peace. Thank You for being my rock and salvation. Fill me with a grateful heart as I rest in You today. *In Jesus' name, Amen.* 🌄 🙏 ✨





## Day 4: Resting in God's Peace



## Your Verse

*John 14:27 NIV - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

## Supporting Scriptures

- *Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts."*



## Devotional: God's Peace Guards Our Hearts

**God's peace is a defining gift of Sabbath rest.** Jesus promises a peace unlike anything the world offers—a deep, calming assurance that quiets troubled hearts. When we surrender worries and fears during the Sabbath, that peace invades every part of our being.

*Gratitude is nurtured in the fertile soil of peaceful rest.* As anxieties fade, thankfulness rises because we trust in God's sovereign care. This peace guards our hearts and minds, enabling us to live fully present and joyful.

Today, allow God's peace to reign in you. Let it dissolve fear and make space for gratitude to bloom.





## Reflect and Apply

1. What fears or troubles need to be laid down to experience God's peace?

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2. How does peace influence your ability to be grateful?

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3. In what ways can you cultivate God's peace during your Sabbath rest?

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# Journaling Prompts

1. Describe moments when God's peace calmed your fears.

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2. Write about the difference between the world's peace and God's peace.

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3. Journal ways to invite God's peace into daily challenges.

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Day 4: 🕯️ Resting in God's Peace

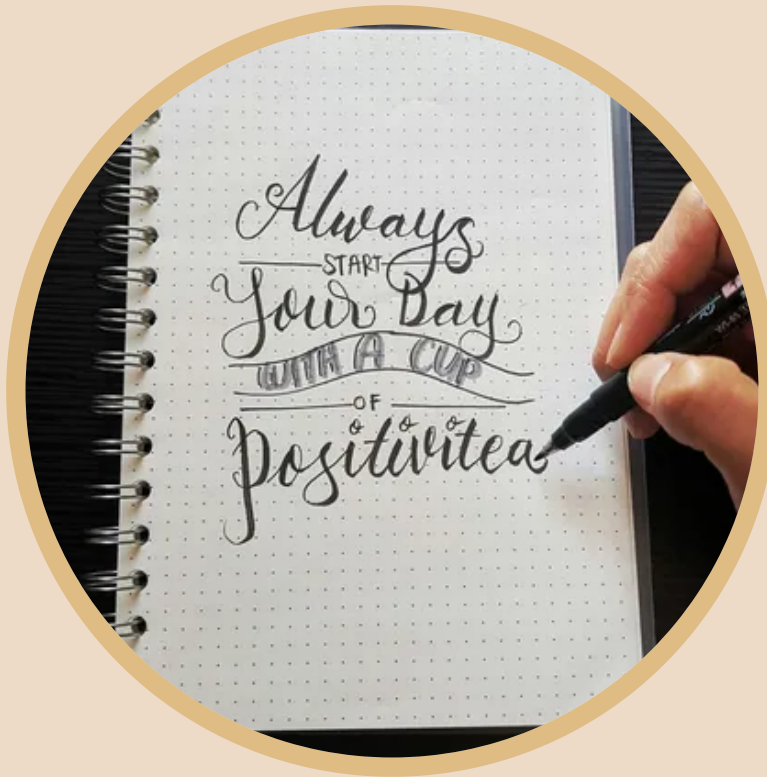
## Prayer for Today

**Heavenly Father**, thank You for the precious gift of Your peace. Calm my anxious heart and help me to surrender all fears to You. May Your peace rule in my heart as I rest and remember Your goodness. Teach me to embrace Sabbath rest as a place where fear transforms to gratitude and peace. *In Jesus' name, Amen.* 🕯️ 🕊️ 💙





## Day 5: 🌸 Celebrating God's Faithfulness



Day 5: 🌸 Celebrating God's Faithfulness

## Your Verse

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

## Supporting Scriptures

- *Psalm 107:1 – "Give thanks to the Lord, for he is good; his love endures forever."*
- *1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*



Day 5: 🌸 Celebrating God's Faithfulness

## Devotional: Grateful Celebration of God's Faithfulness

**The Sabbath is a time to celebrate God's unwavering faithfulness.**

Lamentations reminds us that God's steadfast love and compassion never fail. Even when life is difficult, His mercies are renewed every morning. Sabbath rest offers a sacred pause to reflect on this enduring love.

*Gratitude thrives when we intentionally remember God's goodness and faithfulness.* Celebrating what God has done fills our hearts with joy and hope. It fuels our trust and encourages us to keep resting in His promises.

Today, open your heart to praise God for His faithful presence and abundant grace, celebrating Sabbath with a thankful spirit.



Day 5: 🌸 Celebrating God's Faithfulness

## Reflect and Apply

1. How has God shown His faithfulness in your life recently?

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2. What challenges can you face with confidence because of His mercy?

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3. How does remembering God's faithfulness inspire more gratitude?

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Day 5: 🌸 Celebrating God's Faithfulness

## Journaling Prompts

1. List specific ways God's love has been evident to you this week.

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2. Write a prayer of thanksgiving for God's daily mercies.

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3. Describe how celebrating God's faithfulness impacts your rest.

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Day 5: 🌸 Celebrating God's Faithfulness

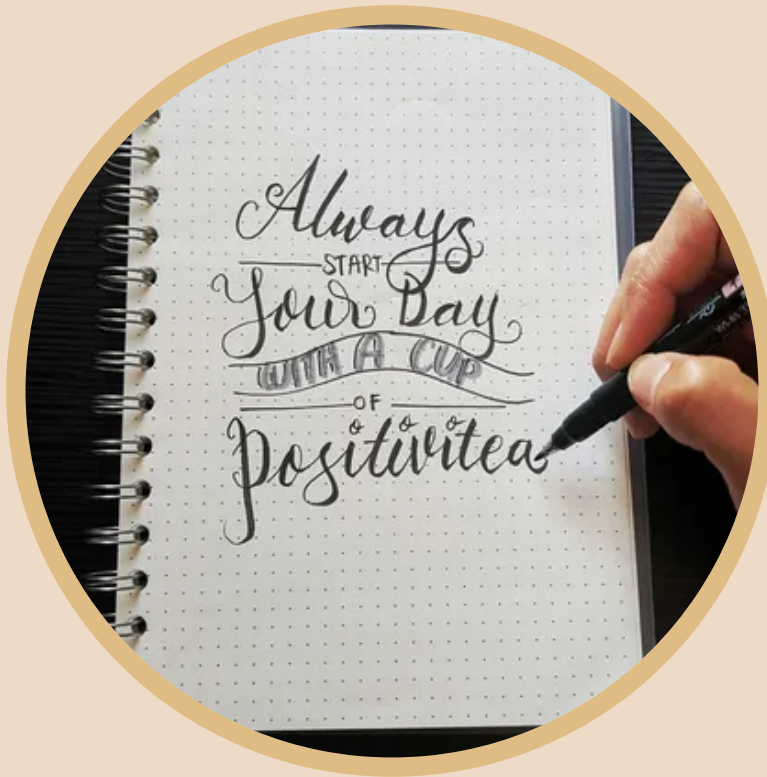
## Prayer for Today

**Faithful God**, thank You for Your everlasting love and mercy. I praise You for never abandoning me and for renewing Your compassion each day. Help me to celebrate Your goodness during my Sabbath rest and to cultivate a heart overflowing with gratitude. May Your faithfulness strengthen my trust in every season. *In Jesus' name, Amen.* 🌸 🙏 ❤️





## Day 6: 📖 Finding Joy in God's Presence



Day 6:  Finding Joy in God's Presence

## Your Verse

*Psalm 16:11 NIV - "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."*

## Supporting Scriptures

- *Nehemiah 8:10 - "Do not grieve, for the joy of the Lord is your strength."*
- *John 15:11 - "I have told you this so that my joy may be in you and that your joy may be complete."*



## Devotional: Joy Springs from God's Presence

**Joy is a fruit of resting in God's presence.** Psalm 16 tells us that God fills us with lasting joy when we walk close with Him. Sabbath rest creates the space to experience this fullness of joy—beyond fleeting happiness to deep spiritual delight.

*Gratitude and joy go hand in hand, especially when rooted in God's nearness.* Taking time to dwell with God brings refreshing joy that strengthens and sustains us through all circumstances.

Today, focus on finding joy in God's presence during your Sabbath. Let gratitude blossom as you celebrate the pleasure of simply being with Him.



## Reflect and Apply

1. How does God's presence bring joy to your life?

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2. What distractions keep you from fully enjoying Sabbath joy?

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3. How can gratitude deepen your experience of God's joy?

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## Journaling Prompts

1. Write about a moment when you felt God's joy lifting you up.

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2. List ways to cultivate joy during your Sabbath rest.

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3. Journal your thoughts on how joy and gratitude are connected.

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Day 6: 📖 Finding Joy in God's Presence

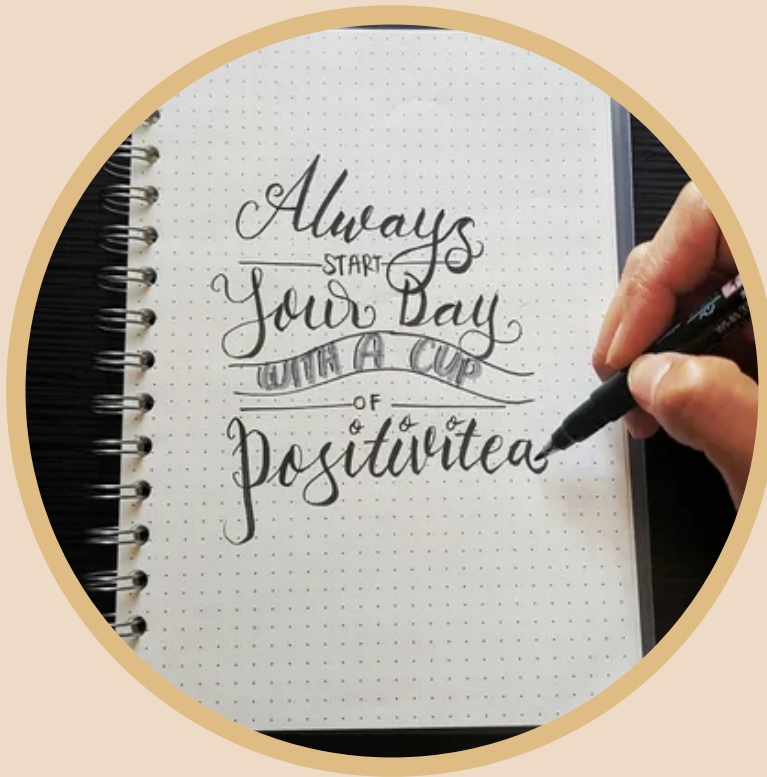
## Prayer for Today

**Lord Jesus**, thank You for inviting me into Your joyful presence. Help me to rest fully in You and to experience the deep joy You promise. Teach me to cultivate gratitude as I embrace the pleasures of Your company on the Sabbath. May Your joy overflow in my heart and strengthen my spirit. *In Your name, Amen.* 📖 🎉 ❤️





## Day 7: ✨ Living a Life of Gratitude and Rest





Day 7: ✨ Living a Life of Gratitude and Rest

## Your Verse

*Hebrews 4:9-10 NIV - "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

- *Colossians 3:15 - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."*
- *Psalms 100:4 - "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."*



Day 7: ✨ Living a Life of Gratitude and Rest

## Devotional: A Lifestyle of Rest and Gratitude

**The Sabbath points us toward a spiritual rest that lasts beyond the day itself.** Hebrews reminds us that God offers a continual rest for His people—a rest from striving and self-reliance. Living in this rest daily invites ongoing gratitude in every aspect of life.

*Gratitude rooted in Sabbath rest transforms not only one day but our entire way of living.* It influences how we approach work, relationships, and challenges with peace and thanksgiving. As we leave this week of study, may rest and gratitude guide your heart.

Commit to living with thankful hearts that rest in God's grace every day, celebrating Sabbath as a lifestyle of joy and peace.



Day 7: ✨ Living a Life of Gratitude and Rest

## Reflect and Apply

1. How can you make Sabbath rest a weekly rhythm rather than a once-a-week event?

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2. In what ways does resting in God's grace influence your daily attitude?

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3. How will cultivating gratitude impact your life moving forward?

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Day 7: ✨ Living a Life of Gratitude and Rest

## Journaling Prompts

1. Plan practical steps to integrate Sabbath rest into your routine.

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2. Write about how gratitude might change your response to stress or busyness.

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3. Describe your hope for living a lifestyle of Sabbath rest and thankfulness.

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Day 7: ✨ Living a Life of Gratitude and Rest

## Prayer for Today

**Gracious God**, thank You for the gift of Sabbath rest and the promise of spiritual renewal. Help me to embrace not just one day of rest but a lifestyle shaped by Your peace and gratitude. May Your peace rule my heart and Your joy fill my life as I rest in Your grace daily. Guide me to live each day with a thankful heart that honors You. *In Jesus' name, Amen.* ✨ 🙏 🤝





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