Renewing Rest for Teens



Explore the gift of Sabbath rest and trust in God to refresh your body, mind, and soul amid busy teen life challenges.





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Introduction

Welcome to a journey of discovering true rest! In today's fast-paced world, teens often feel overwhelmed balancing school, activities, friendships, and family responsibilities. Busyness can become a burden that wears us down physically, emotionally, and spiritually. But God designed rest as a vital part of life — not just a break, but a sacred rhythm called Sabbath that refreshes our whole being.

Why is rest so important? It is because God knows our limits and lovingly invites us to trust Him enough to pause and renew ourselves. When we embrace rest, we open space for God's peace to fill our hearts, healing any stress or weariness we carry. Rest is an act of faith, showing we believe God will sustain us.

This three-day Bible study dives into *the importance of finding rest*, especially when life feels too busy or pressured. You will explore Scriptures that teach about God's invitation to rest, how Sabbath keeps us from burning out, and how trusting God renews our body and soul. Along the way, you'll be encouraged to reflect deeply, journal your thoughts, and pray for God's restoring peace. \triangle

Get ready to release anxiety over your to-do list and discover the beauty of trusting God enough to rest — your soul will thank you!









Day 1: **B** The Gift of God's Rest









Day 1: **B** The Gift of God's Rest

Your Verse

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

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: **/** The Gift of God's Rest

Devotional: Accept God's Invitation to Rest

Feeling exhausted or overwhelmed? Jesus invited everyone carrying heavy loads to come to Him and find rest. This rest isn't only physical but deeply spiritual — a calming peace for your heart and mind. When life's demands pile up, it's easy to try pushing through without pause, but God's Word reminds us to stop and take time to rest.

The Sabbath was given as a holy gift — a day to step back from work and worry, to focus on God and refresh your soul. It's more than simply a day off; it's a sacred practice that helps us remember who holds our lives. By honoring God's rhythm of rest, we can recharge rather than burn out.

Today, reflect on the invitations God makes to you. How often do you accept His offer of rest? What burdens do you need to surrender? Trusting God to care for you allows you to stop striving and start resting deeply in His love.







Day 1: **/** The Gift of God's Rest

Reflect and Apply

1.	What burdens or stresses are you currently carrying that feel heavy?
2.	How do you normally respond to feeling weary or overwhelmed?
	What would it look like for you to trust God enough to truly rest this week?







Day 1: **/** The Gift of God's Rest

Journaling Prompts

1.	Write about a time when taking a break renewed your energy or spirit.
2.	List things that distract you from resting and how to minimize them.
3.	Describe what resting in God's peace means personally to you.







Day 1: **B** The Gift of God's Rest

Prayer for Today

Dear Lord, thank You for inviting me to come to You when I am weary. Help me to hear Your gentle call and trust You enough to rest. Teach me to honor the gift of Sabbath, to pause, and refresh my soul. May Your peace calm any fears or stress I feel today. Renew my strength so I can walk confidently in Your love. In Jesus' name, Amen.

















Your Verse

Isaiah 40:31 – "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Mark 6:31 "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.""







Devotional: Hope and Strength Through Quiet Trust

Renewal begins with hope and trust in God. When life drains your energy or your mind races with worries, placing your hope in the Lord allows Him to replenish your strength. This renewal goes beyond physical rest—it is about drawing deeply from God's love and peace.

Throughout the Bible, God reminds His people to be still and trust Him. Jesus modeled this by taking His disciples away from the crowds to a quiet place for rest. It's essential that even in active, busy seasons, we intentionally carve out moments to stop, breathe, and lean on God.

Today, consider what trusting God looks like when life is demanding. How can you practice being still and hopeful? As you learn to rest in God's care, you'll find refreshed strength that sustains your body, mind, and soul through every challenge.







Reflect and Apply

1.	In what situations do you find it hardest to trust God to renew you?
2.	How can you create quiet moments to be still and know God this week?
3.	What does 'renewing your strength' mean to you in practical ways?







Journaling Prompts

1.	Describe a place or activity where you feel closest to God's peace.
2.	Write about your experience when you tried to rest but found it difficult.
3.	List ways to remind yourself to hope in the Lord during stressful times.







Prayer for Today

Lord, help me to place my hope fully in You when I'm tired or anxious. Teach me to be still in Your presence and trust You to renew my strength. Thank You for providing quiet places and moments for rest. May I soar like an eagle, sustained by Your love in all seasons. Amen. 😂 💪 🙏







Day 3: 🐑 Sabbath Rest to Prevent Burnout









Day 3: 💮 Sabbath Rest to Prevent Burnout

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

- Genesis 2:2 "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work."
- Proverbs 3:24 "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."







Day 3: Sabbath Rest to Prevent Burnout

Devotional: Embracing Sabbath to Stay Energized

Sabbath rest is a divine invitation to step away from constant striving. Like God rested after creating the world, we too need to stop and rest regularly to prevent burnout. Ignoring this rhythm leads to stress, exhaustion, and spiritual dryness.

Honoring Sabbath means intentionally setting aside time to rest from work, worries, and busyness — focusing instead on God and restoration. This act shows trust that God will sustain your life even when you pause.

As a teen, you might feel pressure to excel in many areas, but remember God's design is for balance and renewal. Practicing Sabbath helps you guard your heart and soul from burnout, refreshing your spirit to face whatever comes next with joy.







Day 3: 🔅 Sabbath Rest to Prevent Burnout

Reflect and Apply

	How do you currently practice rest, and does it include time to focus on God?
2.	What challenges do you face in setting aside a Sabbath rest?
	How can you adapt your schedule to include meaningful rest this coming week?







Day 3: 💮 Sabbath Rest to Prevent Burnout

Journaling Prompts

1.	Write about what a perfect Sabbath day would look like for you.
2.	List ways you can incorporate regular rest without feeling guilty.
3.	Reflect on how Sabbath rest might change your daily mood or attitude.







Day 3: 💮 Sabbath Rest to Prevent Burnout

Prayer for Today

Father God, thank You for the gift of Sabbath rest. Help me to trust You enough to pause and stop working, knowing You are in control. Teach me to honor this holy rhythm to prevent burnout and refresh my soul. May Your peace surround me and give me sweet, restful sleep. In Jesus' name, Amen.









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