



Rest and Renewal: Embracing Self-Care Without Guilt



Explore how women can find peaceful rest and care for their souls, embracing self-love without shame through God's Word.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌿 God's Gift of Rest</u>	4
<u>Day 2: ❤️ Worthiness Beyond Work</u>	10
<u>Day 3: 🌸 Embracing Sabbath Rest</u>	16
<u>Day 4: ✨ Mary's Example of Rest</u>	22
<u>Day 5: 🌷 Caring for the Soul</u>	28
<u>Day 6: ☀️ Strength in Vulnerability</u>	34
<u>Day 7: 🌼 Renewed and Ready</u>	40



Introduction

Welcome to this 7-day Bible study on Rest and Renewal for women. In today's fast-paced world, women often juggle countless responsibilities—from work and family to church and community. Amid these demands, many of us struggle to find time for ourselves without feeling guilty. Yet, God calls us to rest and care for our souls, not as a luxury but as a vital part of our well-being.

Throughout this study, we will explore Scripture that reassures us that taking time to refresh and nurture our hearts aligns with God's design for us. We'll discover that rest is not idleness, nor is caring for oneself selfish. It is an act of obedience to God's invitation to peace and renewal. Women throughout the Bible—like Mary, Hannah, and Deborah—show us the importance of intentional rest and purposeful living. As you journey through these seven days, allow your heart to be open to what God wants to teach you about embracing rest without shame, setting healthy boundaries, and trusting God with your seasons of refreshment.

Let this time be a sacred pause in your life, where you cultivate compassion for yourself, lean into God's grace, and experience the refreshing peace that fills your soul when you care for it well. May you find freedom from guilt, renewed strength, and a deeper connection with the One who lovingly calls you His beloved daughter. God bless you on this restorative journey.



Day 1: God's Gift of Rest



Day 1: 🌿 God's Gift of Rest

Your Verse

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

Supporting Scriptures

- *Psalm 23:2 - "He makes me lie down in green pastures, he leads me beside quiet waters,"*
- *Hebrews 4:9 - "There remains, then, a Sabbath-rest for the people of God;"*



Day 1: 🌿 God's Gift of Rest

Devotional: Accept God's Invitation to True Rest

God invites us into rest—not just physical rest but a deep, soul-refreshing peace. When life feels overwhelming, Jesus' words in Matthew 11:28 offer comfort: "Come to me, all you who are weary and burdened, and I will give you rest." This invitation is personal and freeing. It assures us that rest is accessible and comes through Him.

In Psalm 23, the imagery of green pastures and still waters paints a picture of tranquility where our souls can find renewal. Rest is part of God's design—He does not intend for you to carry your burdens alone or be trapped in nonstop busyness.

When guilt creeps in about taking time for yourself, remember that true rest is a spiritual gift and necessity. It's not laziness or selfishness; it's obedience to God's loving invitation. Embrace this gift today. Let yourself be led beside the quiet waters, allowing your soul to drink deeply of God's peace.



Day 1: 🌿 God's Gift of Rest

Reflect and Apply

1. How do you currently view the idea of taking rest—gift or guilt?

2. What burdens or worries keep you from accepting God's invitation to rest?

3. How can you invite Jesus into your fatigue and busyness today?



Day 1: 🌿 God's Gift of Rest

Journaling Prompts

1. Write about a time when you felt deeply rested and peaceful. What contributed to that experience?

2. List three areas of your life where you sense God is calling you to rest.

3. What feelings arise when you think about taking time for yourself without guilt?



Day 1: 🌿 God's Gift of Rest

Prayer for Today

Dear Lord, thank you for the beautiful gift of rest that you freely offer. Help me to embrace your invitation without shame or guilt. Teach me to lay down my burdens at your feet and trust you to renew my soul. Guide me to find quiet places where I can experience your peace deeply. May I remember that resting is part of your design for my flourishing. In Jesus' name, *Amen*. 🌿❤️





Day 2: ❤️ Worthiness Beyond Work



Day 2: ❤️ Worthiness Beyond Work

Your Verse

Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Supporting Scriptures

- *Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*
- *Galatians 2:20 - "The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."*



Day 2: ❤️ Worthiness Beyond Work

Devotional: Your Worth Is God's Gift, Not Your Work

You are valued and worthy because you are God's creation—not because of what you accomplish. Ephesians 2:10 reminds us that we are God's handiwork, made with intention and purpose. Your worth is inherent and rooted in the love of Christ, not in your productivity or role.

In a culture that often equates value with busyness and output, it can be easy to hear lies about your significance. Psalm 139:14 affirms that you are wonderfully made—a unique masterpiece of God's craftsmanship. Taking time for rest and self-care does not diminish your worth; it honors the beautiful person God created.

When guilt arises over personal time, remind yourself that your identity is anchored in Christ's love, not your to-do list. Living by faith means trusting that God values you regardless of your pace and that nurturing your soul through rest prepares you to live out His good works fully.



Day 2: ❤️ Worthiness Beyond Work

Reflect and Apply

1. How do you define your worth? How does God's perspective differ?

2. In what ways do you tie your self-care to your productivity?

3. How can resting deepen your relationship with Christ as your source of value?



Day 2: ❤️ Worthiness Beyond Work

Journaling Prompts

1. Write down ways you can remind yourself daily that you are God's masterpiece.

2. Reflect on any pressures or expectations causing guilt for resting; how might God invite you to rest instead?

3. List qualities about yourself that reflect God's handiwork.



Day 2: ❤️ Worthiness Beyond Work

Prayer for Today

Heavenly Father, help me to see myself through your eyes—as your cherished creation, worthy and loved beyond measure. Teach me to separate my identity from my accomplishments and to rest confidently in your acceptance. Thank you for preparing good works for me and for calling me by name. May I live each day in your love and grace. *Amen.* ❤️ ✨ 🙏





Day 3: Embracing Sabbath Rest



Day 3: 🌸 Embracing Sabbath Rest

Your Verse

Exodus 20:8-10 - "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God."

Supporting Scriptures

- *Mark 2:27 - "The Sabbath was made for man, not man for the Sabbath."*
- *Isaiah 40:31 - "But those who hope in the Lord will renew their strength."*



Day 3: 🌸 Embracing Sabbath Rest

Devotional: Honor God by Embracing Sacred Rest

God commands us to take intentional rest and calls it holy. The Sabbath is more than a day off; it's a sacred rhythm God established for our well-being. Exodus 20:8-10 reminds us to pause and dedicate time to rest and worship.

In Mark 2:27, Jesus clarifies that the Sabbath is designed to benefit us, not to be a legalistic burden. This truth frees us to embrace rest as an essential gift for renewal.

Too often, women feel pressured to fill every moment with obligations. Yet Isaiah 40:31 encourages us that those who wait on the Lord will gain renewed strength. Sabbath rest refreshes our souls, renews purpose, and strengthens our faith. As you consider your weekly routine, seek God's guidance on how to incorporate meaningful rest that nourishes your heart without guilt.



Day 3: 🌸 Embracing Sabbath Rest

Reflect and Apply

1. How does the concept of Sabbath rest challenge or encourage your view of self-care?

2. What changes could you make to honor Sabbath rhythms in your life?

3. How can you use Sabbath rest to deepen your hope and trust in God?



Day 3: 🌸 Embracing Sabbath Rest

Journaling Prompts

1. Describe your ideal Sabbath—what activities or quiet moments would it include?

2. Reflect on any obstacles you face in resting; how might inviting God into those help?

3. Write about ways you can set boundaries to protect your time of rest.



Day 3: 🌸 Embracing Sabbath Rest

Prayer for Today

Lord Almighty, thank you for giving us the gift of Sabbath rest. Help me to recognize it as holy and good, not optional or indulgent. Guide me to slow down, to stop striving, and to place my hope fully in you. Renew my strength and refresh my soul today through your peace. In Jesus' name, *Amen*. 🌸👉





Day 4: ✨ Mary's Example of Rest



Day 4: ✨ Mary's Example of Rest

Your Verse

Luke 10:39-42 - "Mary sat at the Lord's feet listening to what he said... But Martha was distracted by all the preparations that had to be made."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God;"*
- *John 15:4 - "Remain in me, as I also remain in you."*



Day 4: ✨ Mary's Example of Rest

Devotional: Following Mary's Example: Rest in Jesus' Presence

Mary teaches us the beauty of choosing rest and spiritual nourishment. While Martha busied herself with many tasks, Mary sat attentively at Jesus' feet, soaking in His presence and teachings (Luke 10:39–42). Jesus commended Mary's choice, signifying the priority of resting in Him and receiving His love.

In Psalm 46:10, God invites us to "Be still, and know that I am God." This stillness is an act of faith and surrender. When we pause, listen, and prioritize God's voice, our souls find restoration.

Like Mary, it is okay to step away from the busyness and allow yourself sacred time to rest, reflect, and connect deeply with Jesus. This rest nurtures your spirit and equips you to live out your calling with renewed joy and strength.



Day 4: ✨ Mary's Example of Rest

Reflect and Apply

1. What distractions pull you away from resting in God's presence?

2. How can you create space to 'sit at Jesus' feet' regularly?

3. What might change in your life if you prioritized spiritual rest like Mary?



Day 4: ✨ Mary's Example of Rest

Journaling Prompts

1. Describe a recent time when you were distracted from resting; how did it feel?

2. Write about how you can incorporate quiet time with God into your daily routine.

3. Reflect on Jesus' response to Mary and what it means for your self-care.



Day 4: ✨ Mary's Example of Rest

Prayer for Today

Jesus, teach me to sit with you as Mary did, to prioritize your voice and presence above all else. Help me to let go of distractions and the urge to constantly do, so my soul can find true rest in you. May I learn to be still and trust you fully. *Amen.* ✨ 🙏 ❤️





Day 5: Caring for the Soul



Day 5: 🌸 Caring for the Soul

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- *Matthew 6:21 – "For where your treasure is, there your heart will be also."*
- *Jeremiah 31:25 – "I will refresh the weary and satisfy the faint."*



Day 5: 🌸 Caring for the Soul

Devotional: Protect and Nourish Your Soul Daily

Your soul is precious, and God calls you to guard it diligently. Proverbs 4:23 emphasizes this protective care because our heart affects everything about us. When your soul is nurtured, you can face life's challenges with strength and grace.

In Matthew 6:21, Jesus reminds us that our hearts follow what we treasure most. Investing in your soul—through rest, prayer, and self-compassion—is not selfish but foundational to a God-centered life.

When weariness comes, remember Jeremiah 31:25's promise that God will refresh and satisfy the faint. Let this truth motivate you to prioritize soul care. It's an act of faith to nurture your inner life and receive God's satisfaction for your deepest needs.



Day 5: 🌸 Caring for the Soul

Reflect and Apply

1. What daily habits help you guard and refresh your soul?

2. Where might your heart's treasure currently be focused, and is it life-giving?

3. How does God's promise to refresh you influence your view on self-care?



Day 5: 🌸 Caring for the Soul

Journaling Prompts

1. List ways you can intentionally guard your heart this week.

2. Reflect on moments when your soul felt drained; how might God restore you?

3. Write about treasures—people, activities, thoughts—that nurture your soul.



Day 5: 🌸 Caring for the Soul

Prayer for Today

Father God, help me to guard my heart and care for my soul with intention. Teach me to value rest and renewal as spiritual priorities. Refresh my weary spirit and satisfy my fainting soul with your perfect peace. May I learn to seek your presence daily as my true treasure. *Amen.* 🌸 ❤️ 🙏





Day 6: 🌟 Strength in Vulnerability



Day 6: ☀️ Strength in Vulnerability

Your Verse

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

Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted"*
- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 6: ☀️ Strength in Vulnerability

Devotional: God's Power Meets You in Weakness

Being vulnerable and acknowledging your need for rest is a strength, not a weakness. Paul's words in 2 Corinthians 12:9 remind us that God's grace empowers us most fully when we admit our limitations.

Psalm 34:18 assures that the Lord is near during times of brokenness and weariness. There is freedom in bringing your struggles to God instead of carrying them alone.

When guilt tempts you to push through exhaustion, remember God's promise to be with you (Isaiah 41:10). Resting, requesting help, and caring for your soul demonstrate faith in His sustaining power. Vulnerability opens the door for God's strength to be made perfect in your life.



Day 6: ☀️ Strength in Vulnerability

Reflect and Apply

1. Where do you feel weak or vulnerable in your life right now?

2. How can you invite God's grace into those areas through rest and self-compassion?

3. What changes if you view vulnerability as a pathway to God's strength?



Day 6: ☀️ Strength in Vulnerability

Journaling Prompts

1. Write about moments when admitting weakness led to spiritual growth.

2. List ways you can lean on God rather than on your own strength regarding self-care.

3. Reflect on the emotional blocks to resting and how God's power counters them.



Day 6: 🌟 Strength in Vulnerability

Prayer for Today

Gracious God, thank you that your power is made perfect in my weakness. Help me to be honest about my needs and to accept rest without guilt. Draw near to my broken heart and fill me with your unending grace. Teach me to trust you fully when I feel vulnerable. *Amen.* 🌟 🙏 💪





Day 7: 🌻 Renewed and Ready



Day 7: 🌸 Renewed and Ready

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."

Supporting Scriptures

- *Philippians 4:13 – "I can do all this through him who gives me strength."*
- *Nehemiah 8:10 – "The joy of the Lord is your strength."*



Day 7: 🌸 Renewed and Ready

Devotional: Step Forward Renewed by God's Strength

As this week of reflection comes to a close, take heart in God's promise of renewal. Isaiah 40:31 encourages us that when we place our hope in the Lord and rest in His presence, our strength is replenished and we rise renewed—ready to embrace life's challenges with vigor.

Philippians 4:13 reminds us that the source of our strength is Christ, empowering us beyond our own limitations. The joy given by the Lord (Nehemiah 8:10) anchors and fuels our renewed spirit.

Let this truth guide you beyond guilt and hesitation about self-care. Rest nurtures your strength and joy, enabling you to soar by faith. Keep trusting God, honoring your soul, and stepping forward empowered and refreshed.



Reflect and Apply

1. How has your understanding of rest and self-care changed during this study?

2. In what ways can you continue to rely on God's strength daily?

3. What practical steps will you take to protect ongoing soul care?



Day 7: 🌸 Renewed and Ready

Journaling Prompts

1. Reflect on lessons learned about guilt and resting this week.

2. Write an encouragement letter to yourself affirming your worth and need for rest.

3. Plan specific ways to schedule regular rest and spiritual renewal.



Day 7: 🌸 Renewed and Ready

Prayer for Today

Lord Jesus, thank you for renewing my strength and filling me with your joy. As I move forward, help me to maintain a lifestyle of rest and soul care, trusting fully in your empowering presence. May I soar on wings like eagles, running my race without growing weary. Guide me daily in your grace and love. *Amen.* 🌸 🌟 🙏





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