



RESTING IN CHRIST

A 4-Day Journey through God's Word

LEARN HOW TO REST IN CHRIST WITH US!

Welcome!

This devotional invites you to slow down and meditate on the deep rest God offers your soul through Jesus. Over the next four days, Scripture will guide you in trading hurry for trust and renewing your strength in your Savior. Whatever fills your calendar—work projects, family responsibilities, errands, or late-night deadlines—Christ offers a rhythm that restores. Open your heart, ask the Holy Spirit to speak, and let's begin.



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DAY 1



DAY 1 – THERE IS WISDOM IN REST

PREPARE

Find a quiet spot, breathe deeply, and ask God to speak to you through his Word.

READ: GENESIS 1:1–2:3

In the beginning, when God created the universe, the earth was formless and desolate. The raging ocean that covered everything was engulfed in total darkness, and the Spirit of God was moving over the water. Then God commanded, “Let there be light”—and light appeared. God was pleased with what he saw. Then he separated the light from the darkness, and he named the light “Day” and the darkness “Night.” Evening passed and morning came—that was the first day.

Then God commanded, “Let there be a dome to divide the water and to keep it in two separate places”—and it was done. So God made a dome, and it separated the water under it from the water above it. He named the dome “Sky.” Evening passed and morning came—that was the second day.

Then God commanded, “Let the water below the sky come together in one place, so that the land will appear”—and it was done. He named the land “Earth,” and the water which had come together he named “Sea.” And God was pleased with what he saw. Then he commanded, “Let the earth produce all kinds of plants, those that bear grain and those that bear fruit”—and it was done. So the earth produced all kinds of plants, and God was pleased with what he saw. Evening passed and morning came—that was the third day.

Then God commanded, “Let lights appear in the sky to separate day from night and to show the time when days, years, and religious festivals begin; they will shine in the sky to give light to the earth”—and it was done. So God made the two larger lights, the sun to rule over the day and the moon to rule over the night; he also made the stars. He placed the lights in the sky to shine on the earth, to rule over the day and the night, and to separate light from darkness. And God was pleased with what he saw. Evening passed and morning came—that was the fourth day.

Then God commanded, “Let the water be filled with many kinds of living beings, and let the air be filled with birds.” So God created the great sea monsters, all kinds of creatures that live in the water, and all kinds of birds. And God was pleased with what he saw. He blessed them all and told the creatures that live in

the water to reproduce and to fill the sea, and he told the birds to increase in number. Evening passed and morning came—that was the fifth day.

Then God commanded, “Let the earth produce all kinds of animal life: domestic and wild, large and small”—and it was done. So God made them all, and he was pleased with what he saw.

Then God said, “And now we will make human beings; they will be like us and resemble us. They will have power over the fish, the birds, and all animals, domestic and wild, large and small.” So God created human beings, making them to be like himself. He created them male and female, blessed them, and said, “Have many children, so that your descendants will live all over the earth and bring it under their control. I am putting you in charge of the fish, the birds, and all the wild animals. I have provided all kinds of grain and all kinds of fruit for you to eat; but for all the wild animals and for all the birds I have provided grass and leafy plants for food”—and it was done. God looked at everything he had made, and he was very pleased. Evening passed and morning came—that was the sixth day.

And so the whole universe was completed. By the seventh day God finished what he had been doing and stopped working. He blessed the seventh day and set it apart as a special day, because by that day he had completed his creation and stopped working.

REFLECT

Our weeks fill up quickly—meetings, messages, unexpected tasks, and endless to-do lists. When we look at all the work we have to do, it might feel impossible to take even a small break. Yet the Bible opens with a very different pace.

God speaks light, land, sea, stars, and every living thing into being, creates humanity in his image, calls the whole work “very good”—and then he stops: “By the seventh day God finished the work he had been doing and stopped working. He blessed the seventh day and set it apart as a special day, because by that day he had completed his creation and stopped working” (**Genesis 2:2-3**). This pause is not a weakness; it is a sign of wisdom, and a pattern we can follow.

Rest is woven into creation, for our good. Jesus highlighted this during his ministry, reminding the Pharisees that the day God blessed was made with us in mind: “The Sabbath was made for the good of human beings; they were not made for the Sabbath” (**Mark 2:27**). Today, we can follow God’s pattern of rest by setting aside a day for worship, meditating on God’s Word, and refreshing our souls in him.

Rest gives us space to reflect and worship, reminding us that life is sustained by God rather than by our own efforts. It also realigns our hearts, reminding us who we are and why our work matters. If God himself made time to rest, then choosing to pause isn't laziness; it's an essential part of the healthy rhythm God designed for us. When we set aside our daily work, we're reminded that the source of our rest is found in Jesus, who "existed before all things, and in union with him all things have their proper place" (**Colossians 1:17**).

PRACTICE

1. You don't have to wait until the Sabbath to find rest in your Savior. Set a 10-minute timer and thank God for three ways he provided for you this week. Use this time to draw near to God and refresh your heart with his goodness to you.
2. Look ahead at your schedule for this week. Schedule a one-hour break—either on Sunday or at another time—and plan to silence notifications, set aside distractions, and delve into God's Word. You can take a slow walk while listening to Scripture, journal prayers, or revisit some of the passages in this devotional. Reflect on how this uninterrupted break in your schedule points your heart toward true rest in Christ.
3. Write down tomorrow's top task, then pray, "Lord, hold this while I rest," and leave it with him.

PRAY

Father, thank you for modeling rest. Teach me to pause and remember that you hold my work and my world in your hands. Renew my mind and restore my strength. In Jesus's name, Amen.