



RHYTHM of Rest

Daily Reset Guide

A simple, Christ-centered practice to help you **slow down, release striving, and reconnect with God.**

A Gentle Reminder

Rest is not something you earn. It's something you enter. You can return to God right here.

1

Pause

Stop. Notice how you feel. Ask:
What am I carrying right now?

2

Breathe

Inhale: I receive Your rest
Exhale: I release striving

3

Enter

I don't have to carry this alone.
God, I trust You.
I enter Your rest.

4

Reflection

Where am I striving
instead of trusting? What
feels hard to release?

5

Scripture

The promise of rest still
stands... (Hebrews 4: 1-7)

Rest is available. Today. Enter.

"Go gently, breathe deeply, and carry this peace wherever you go."