



Sometimes we try to convince ourselves that the busyness of life... "The Grind" will somehow slow down after this season. However, we tend to discover that every season of life brings its own challenges, and can leave us feeling overwhelmed. That is NOT the life God intended for us! In fact, he has given us the gift of rest to allow us a healthier rhythm to our lives.

It is our hope that your time on this prayer walk would invite you to step out of the grind for a few minutes, that you would feel the freedom to take some deep breaths, and rest in the presence of the Lord. At each station you'll see a QR code that will take you a little deeper into these concepts. To access the content, simply open the camera on your phone and scan the code.* You don't have to take a picture, a little notification will pop up on your screen, tap it to take you to the website for further study.

WE PRAY YOUR TIME HERE WILL BE LIFE-GIVING!

*if you have an android phone, you'll need a QR reader app



Want to take the prayer walk with you? Scan this code to download the PDF versions of all the stations!



TAKE AN INVENTORY

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

1 KINGS 8:56-58

Jesus says, “Come to me and you will find rest for your soul.” What do you think about that? How restful is your soul right now?

It’s interesting that directly after this verse, Jesus gets reprimanded for not adhering to the Sabbath the way the religious leaders think that he should. That is such a Jesus thing to do! Jesus was almost never a stickler for rules and he didn’t see the Sabbath (a day of rest) in the legalistic framework that others did. Jesus always got to the heart of the matter. Is your soul restful? Are you striving? Living in chaos, running from one thing to the next? Are you stretched so thin either emotionally or financially that you think you might rip? That is not the life God intended you to live! He wants us to live freely and lightly. Now sometimes that means taking some stressors out of our lives...but let’s be honest, a lot of our stressors we can’t cut out entirely (*cough, kids *cough) So how can we live lightly when the grind is a reality of life? Sometimes it’s not about taking things away, but about adding a little bit of oil to the gears so that the machine runs a little more smoothly. Creating margin for some life-giving relationships, for quiet moments with the Lord, and for REST! I know...between a full calendar, an anxious heart, and the constant connection to technology, we aren’t very good at resting. Let’s work together to change that! All good change starts with an honest assesment. Take a few minutes right now to take an inventory of your grind. Are you overwhelmed? Spend some time giving your burdens to Jesus.



Here is a song that might speak to how you’re feeling.



DEAR GOD:

Search me and know my anxious thoughts. God I am tired and overwhelmed at times. Help me to see things clearly so I can live the type of life you intended me to live.

AMEN.

REST IS ABOUT IDENTITY

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.

PSALM 46:10

Rest + margin are important, but if we don't get down to the heart of the issues then all we are doing is behavior modification, which really isn't the point. I think if we are honest with ourselves, a lot of our bad habits of busyness and striving are rooted in where we are finding our value and our worth.

Hear me on this. You are not the number on your bank statement. You are not defined by the success of your children. You are not defined by your job, or your grades, or your athletic abilities (thank God). You are not even defined by the things you DO for God.

You are a child of God...and you are ENOUGH. So, let's set our sights on the realities of heaven. The things of this world that we are constantly striving for, they won't last, and they never really satisfy anyway. Your REAL life is hidden in Christ.

If you'd like to spend more time meditating on who God says you are, open the camera on your phone and scan the QR code below.



DEAR GOD:

Thank you for creating me. I know I am not an accident and that you made me wonderfully unique. Help me to see myself how you see me. Help me to not compare myself or my life to how I perceive those around me. Help me find rest in the fact that I am your child and that is enough.

AMEN.

REST IS ABOUT TRUST

Trust in the Lord and do good... Take delight in the Lord, and He will give you your heart's desires. Commit everything you do to the Lord. Trust Him, and He will help you...Be still in the presence of the Lord, and wait patiently for him to act..

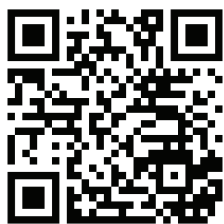
PSALM 37:3-7



At the beginning of time, when God originally created the idea of Sabbath, it was always about TRUST. Farmers knew that their crops needed to be tended to and watered everyday, but God was reaching out to them, asking...do you trust me? The same is true today. When we look at the week before us and we see all the deadlines coming up and we are tempted to stay late, sacrifice sleep or time with loved ones, God is asking, do you trust me? When we are looking at our finances and wondering how we can possibly be generous, God is asking, do you trust me?

The reality is, God doesn't NEED our time, or our talents, and He certainly doesn't need our money. So while rest is about trust, it is also about humility. If we decide to intentionally step out of the grind from time to time, we will discover that the world does not actually rest on our shoulders, that God really does have this, and that it's not really about us anyway.

I've also come to realize that when I do give God my precious time + resources, He is faithful to multiply them, for His glory. Like the little boy who offered his small lunch to God and God was able to do immeasurably more with it than he could imagine. At the end of the day, stepping out of the grind and creating margin is about trusting that less could actually lead to MORE!



Read about
Jesus feeding
thousands with
a little boy's
lunch!



DEAR GOD:

I trust you with my time + my resources. I trust you with my hopes, dreams, and goals. Take them and use them for your glory. The little I have, I give to you. Multiply it and use it how you see fit.

AMEN.



REST IS A GIFT

God, my shepherd! I don't need a thing. You have bedded me down in lush meadows; You find me quiet pools to drink from. True to Your word, You let me catch my breath and send me in the right direction.

PSALM 23:1-3



Our journey with God, while sometimes full of unexpected twists + turns, is not an uphill full-out sprint. True to His word, He lets you catch your breath. God does not require or expect you to run at full speed all the time. In fact, He specifically designed you NOT to. Rest, margin, a deep breath...they are gifts from God. When God created us, he knew it would be our nature to constantly want more, do more, and be more. So he modeled Sabbath for us by resting on the 7th day after creating the world. It might feel like culture is getting busier and more fast-paced because our calendars are getting more full and we are constantly interrupted by the continual pings of our phones. However, the truth is, this has been happening since the dawn of time.

God is inviting us, as he always has been, to stop, take a breath, and sit down in a “quiet meadow” with Him. So let's practice. Right now.

God is giving you the gift of a deep breath. Take it. In fact, take a few. Breathe in deeply from God's deep well of grace + peace and exhale your worries + doubts. If you'd like to spend a longer amount of time and listen to some scripture while taking your deep breaths, scan the code below.



DEAR GOD:

Thank you for rest. Thank you that it is a gift of love for me. Forgive me when I've taken it for granted or sacrificed it at the altar of busyness and efficiency. God, remind me to take some deep breaths when I am headed for burnout.

AMEN.

REST IS SELFLESS

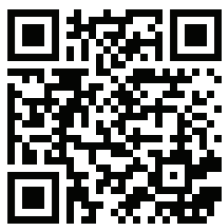
I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit. I am fully convinced, my dear brothers and sisters, that you are full of goodness. You know these things so well you can teach each other all about them.

ROMANS 15:13-14

Self-care is selfless. Yes, you read that correctly. Sometimes we can fall into the trap of feeling guilty for taking time to ourselves. If you're like me, when you sit down to be still or quiet for a moment, you are rushed with a flood of thoughts about all we SHOULD be doing. In fact, the more uncomfortable we get in the stillness and silence, the more that indicates how badly our soul really needs it.

There is nothing selfish about rest. We need it. I bet those closest to you would benefit the most from you taking some time to refuel and be renewed. When we sacrifice our stillness + margin to busyness, or even for others, we set ourselves on a path to burnout. We end up becoming quick-tempered, impatient, rude, and irritable. Or even further, we shut down, retreat to our own darkness, and avoid help and love from others.

God wants you to be full of joy and peace and love and grace...so full that those things would OVERFLOW out of our lives onto those around us. Our communities + families are better when we've taken time to be our best. The truth is we are better parents, co-workers, customers, and spouses when we take time to rest.



Watch a devotional about what happens when we are filled with the Spirit.



DEAR GOD:

Fill me up. Fill me up with your joy and peace. Pour me out to be a blessing to those around me. May the words that come out of my mouth and the way that I treat others come from the overflow of a heart that is full of you.

AMEN.

REST IS WORSHIP

Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world.

PSALM 46:10



God is honored when we are still. Throughout scripture God uses these two words a lot: “BE STILL” They are meant as a command and they are an act of worship.

Worship is not just singing songs to God. Worship is about acknowledging who is on the throne of our lives. We live in a world that is constantly demanding our attention. REST IS COUNTER-CULTURAL. There is a battle going on for who or what will be on the throne. Will it be your schedule? Your reputation? Your kids? Your money? Or will it be the one true King?

By resting, by stepping out of the grind, even when it’s scary, even when it’s uncomfortable, we are choosing to honor God and put our faith in Him and what He says is true.

I know I JUST got done saying that worship isn’t music... BUT I think this song illustrates how we can honor God through stillness. Use your phone’s camera to scan the QR code below to listen. Feel free to just sit here for a while and let the words wash over you.



DEAR GOD:

You are the king of my heart. I am sorry for sometimes putting my busyness + hustle ahead of time with you. Help me to keep you on the throne of my my life.

AMEN.

REST IS ABOUT RHYTHM

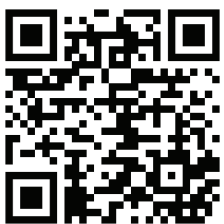
Blessed be God, who has given peace to his people Israel just as He said He'd do. Not one of all those good and wonderful words that He spoke through Moses has misfired. May God, our very own God, continue to be with us just as He was with our ancestors—may He never give up and walk out on us. May He keep us centered and devoted to Him, following the life path He has cleared, watching the signposts, walking at the pace and rhythms He laid down for our ancestors.

1 KINGS 8:56-58

Ultimately it comes down to this. Do I trust that God, the author of life, knew what he was doing when He determined the pace + rhythm my life should follow?

We started this journey on the prayer walk with the verses in Matthew in which Jesus says, "follow me and learn the unforced rhythms of grace." I don't know about you, but that is how I want my life to feel. Unforced, light, purposeful, rhythmic. I want to work hard to further His kingdom; I want a full and abundant life. However, I recognize an abundant life is not a jampacked, stressfull, stretched-thin life. As with most wisdom from God, the rhythms of life He has set is all about balance. We work hard; we are used by God to do mighty things, and then we take breaths, relax, and get renewed so that God can our us out all over again. What a beautiful rhythm!

One of my favorite things about Jesus is that He was never in a hurry, He was never worried or frantic, and He always welcomed interruptions from people, even if it meant derailing His plans entirely. In fact, the only time He says, "hurry" is when Zacchaeus was about to find salvation.



Read about
Jesus the
pacesetter.



DEAR GOD:

Teach me Your unforced rhythms. Help me to walk at the pace that You've laid out for me. Show me what a healthy balance can look like in my life. Show me the signposts to remind me when I've taken on too much or grown impatient with Your pace.

AMEN.