

**P R A Y E R S
O F
R E S T**

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365
PROMPTS TO
SLOW DOWN
AND HEAR
GOD'S VOICE

PRAYERS OF REST

ASHERITAH
CIUCIU

MOODY PUBLISHERS
CHICAGO

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The concepts and verses behind some prayers and collections have been inspired by the works of other authors. These include the prayers Absolute Surrender, Eternal Perspective, Starting Your Work Day, and the collection Prayers for Overcoming. Two collections were based on the author’s book *Unwrapping the Names of Jesus* and *Uncovering the Love of Jesus*.

Published in association with Tawny Johnson of Illuminate Literary Agency, www.illuminateliterary.com.

Edited by Amanda Cleary Eastep

Interior Design:

Cover Design:

Cover Image:

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Library of Congress Cataloging-in-Publication Data

Names: Ciucu, Asheritah, author.

Title: Prayers of rest : 365 prompts to slow down and hear God’s voice / Asheritah Ciucu.

Description: Chicago : Moody Publishers, [2022] | Summary: “Asheritah Ciucu offers you a respite from your spiritual to-do list. She provides guided prayers that will focus your mind and heart on Scripture. Using a memorable acronym and daily Bible verses, this prayer devotional will guide you through worship, confession, stillness, and surrender”.- Provided by publisher.

Identifiers: LCCN 2021038698 (print) | LCCN 2021038699 (ebook) | ISBN 9780802419484 (hardcover) | ISBN 9780802498090 (ebook)

Subjects: LCSH: Prayer--Christianity. | Prayers. | BISAC: RELIGION / Christian Living / Prayer | RELIGION / Christian Living / Devotional

Classification: LCC BV215 .C555 2022 (print) | LCC BV215 (ebook) | DDC 242/.8--dc23

LC record available at <https://lcn.loc.gov/2021038698>

LC ebook record available at <https://lcn.loc.gov/2021038699> Originally delivered by fleets of horse-drawn wagons, the affordable paperbacks from D. L. Moody’s publishing house resourced the church and served everyday people. Now, after more than 125 years of publishing and ministry, Moody Publishers’ mission remains the same—even if our delivery systems have changed a bit. For more information on other books (and resources) created from a biblical perspective, go to www.moodypublishers.com or write to:

Moody Publishers
820 N. LaSalle Boulevard
Chicago, IL 60610

1 3 5 7 9 1 0 8 6 4 2

Printed in the United States of America

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For the women who joined together online for Prayers of REST
during unprecedented times: thank you.
May you always find rest in God's presence.



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LET'S GET STARTED

“TEACH ME HOW TO PRAY, LORD,” I wrote in my journal.

I'd just read the story of Jesus' disciples making that very request, and I figured honesty was a good place to start.

My pen scratched against the paper: “I'm embarrassed to admit that even though I grew up in a Christian home, and I should be an expert at this by now, I feel like a kindergartener when it comes to prayer.”

I was thirteen at the time, just beginning to consider my relationship with Jesus as personal and not just inherited from my parents.

That I thought I should be an “expert” in prayer at such a young age amuses me now. But my desire was earnest. In my few years in Christendom, first as a pastor's kid and then as a missionary kid, I had witnessed some people talk to God with both reverence and familiarity. There was power in their words and conviction in their speech—characteristics that had nothing to do with a demanding spirit or a bargaining tactic, but had everything to do with a place of quiet rest.

And I wanted that for myself too.

So I asked God to teach me how to pray.

And two decades later, He's still teaching me to this day. I'm not any closer to “expert” status now than I was then, but I could tell you hundreds of stories of how God met me in prayer, how He's tenderly taking me deeper in this place of quiet rest, how

He's expanded my vocabulary and is giving me confidence to ask without doubting.

But I still struggle some days.

As a mom to three kids eight and under, I'm tempted to believe I don't have time for prayer. As a millennial who's active on social media, I'm easily distracted thirty seconds into my prayers. And as a twenty-first-century woman, I struggle to turn to God before turning to Google.

In other words, we're in the same boat—you and I.

If you're reading this right now, I'd venture to guess that you want to pray more, but you feel like you don't have time, or you don't know what to say. Maybe you've made a resolution to pray more this year, but you just can't seem to focus.

Or perhaps, in your most honest moments, you'd admit that you don't *really* want to pray more—you've just heard that it's "the right thing to do," and you feel guilty for failing God.

You're not alone.

A COMMON SECRET STRUGGLE

A 2018 survey by Crossway revealed that the number one obstacle to a thriving prayer life is *distraction*, followed closely by indifference, busyness, and loss for words.¹ Millions of Christians like you and me sit in church pews on Sundays but struggle to carry that conversation with God into their our Monday–Saturday.

And I'm not just referring to our environment. Sure, the people living with us are distracting; the cable news droning in the background is distracting; the constant pings and buzzes on our phones are distracting.

But what about those rare blissful moments when your environment is quiet but your thoughts are racing? Have you ever tried to quiet your mind and be still with God? *It's hard!*

You've experienced this too, haven't you? You start praying, but before long, you're thinking about that bill that needs to be paid, the oil that needs to be changed in the car, that friend whose birthday is coming up—basically everything **BUT** your conversation with God.

Most of us struggle in secret, ashamed of our prayerlessness and fearful of being judged. So we carry on with our lives as if nothing's wrong, but deep inside, we

wonder if we're missing out.

I believe one of the greatest dangers facing Western Christians today is not external persecution but internal distraction. It's not theologically inaccurate prayers that will be our undoing, but our utter *lack* of prayer.

We are a distracted and divided people, and God is calling us to rediscover the unity, devotion, and joy found only in His presence.

When God's people pray, the first thing to change is not our country nor our circumstances but our very selves. We become women and men who seek His face with earnestness. We become those who call on Him not just for a few minutes in the morning but every moment of our day. We become the very fragrance of Christ to a broken world because we become aware of His constant presence in our everyday lives.²

So how do we become such people of prayer?

In my years of ministry, and in reading church fathers and mothers who've gone before us, I've discovered that God can certainly work in dramatic ways—breaking chains of addiction, redeeming dysfunctional relationships, transforming presupposed destinies—but most often, He chooses to work through daily means of grace: small habits built into our daily rhythms that gradually shape our affections and behaviors through the Spirit's work within us.

In my own life, I've found that when I start small—tiny, even—I develop spiritual habits that can grow and change with each new season. Recent brain science confirms that incremental changes over time lead to momentum and transformation.³

That's how Prayers of REST was born.

HOW PRAYERS OF REST BEGAN

In the spring of 2020, it felt as if our world was falling apart. Due to the COVID-19 pandemic, most of us went from daily commutes to video calls; from corporate worship to live-streamed services; from family gatherings to sheltering at home. We lost jobs, we lost loved ones, and we lost rhythms of life.

Two weeks into our quarantine, I found myself on the floor of my laundry room: heart racing, hyperventilating, swiping at the tears streaming down my cheeks. “I

can't do this anymore," I whispered, over and over again. In the stillness came the words: "God is our refuge and strength, an ever-present help in trouble" (Ps. 46:1).

The verse, memorized long ago, brought comfort, but it also presented an invitation: I sensed God's gentle call to meet with Him each day to find my refuge and *rest* in Him.

I knew I wasn't the only one struggling, so I invited my online community to join me for a live prayer call each morning. I didn't know if anyone else would show, but I knew *I* needed to start my day face-to-face with the Lord.

So I hit "Go live."

And in that sacred space on my closet floor, surrounded by dress clothes that would go unworn for months, God began to move. Dozens of women from around the world joined together for eight weeks of daily prayer calls, using the REST prayer format to guide us into **R**eciting God's goodness, **E**xpressing our neediness, **S**eeking His stillness, and **T**rusting His faithfulness.

We learned how to pray not by reading a book or sitting in a lecture, but by actually praying together. And each morning, God filled our hearts with His peace in a pandemic world—a miracle that didn't make headlines, but made our quarantine experiences dramatically different from that of our neighbors.

Eventually, the daily calls turned into a weekly prayer podcast called "Prayers of REST," so listeners could join in prayer regardless of time zones. Again, God's Spirit worked mightily, bringing together thousands of listeners from over a hundred countries, many of which were closed to missionary work.

The good news of Jesus brought hope to a broken world despite closed borders and locked-down countries! Such is the goodness of God in answer to prayer. Such is the power of the gospel.

Eighteen months after that laundry room moment, I still found myself amazed at what God had done. And I was humbled that He'd used my weakness to invite a new generation to experience His rest.

WHAT EXACTLY IS A PRAYER OF REST?

Throughout the book, each day is set up in a similar pattern in order to lead you into restful prayer.

We begin with a key verse or two that serves as our focal point for prayer. I've learned that the surest way to grow in our confidence in prayer is to pray God's Word. Praying God's Word is also an excellent way to grow in our theology (our knowledge of God) and our devotion (our love for God), so Scripture serves as the underpinning of each prayer. You'll also find additional passages "For Further Prayer and Study" at the bottom of each prayer if you'd like to continue the conversation with the Lord and go deeper.⁴

Before you begin, I encourage you to find a quiet place where you won't be interrupted, and take a deep breath as you become aware of God's presence around you and within you. Breathing deeply isn't Eastern mysticism, nor should Christians be afraid of slowing our breathing. In fact, researchers have found that just a few minutes of deep breathing helps our God-given nervous system move from a "fight-or-flight" response to a "rest and relax response," which continues to affect our well-being long after we've ended our prayer.⁵

After a few deep breaths, read the day's Scripture again, then follow along as you pray through the acronym REST:

RECITE GOD'S GOODNESS

We begin by praising God for who He is and what He has done in our lives. I've attempted to highlight attributes of God identified in the key verse and to lead you in worshiping Him. I encourage you to pause after reading this section and thank God for *specific* ways He has revealed that aspect of His character in your own life.⁶

EXPRESS YOUR NEEDINESS

Prayer isn't just about praising God or asking for things—it's allowing God to shape our inner beings. So we confess our sins and acknowledge our need for God and His forgiveness. Looking at the key verse, I identified specific sins that the passage brings to my mind, hoping this will serve as a springboard for your own personal confession. I've also verbalized my own needs for spiritual growth and transformation, in the hope that it will prompt you to express your own neediness to God.⁷

SEEK HIS STILLNESS

After confessing our sins and needs to God, remember God's promise to be faithful and just to forgive our sins and cleanse us of all unrighteousness (see 1 John 1:9–10). Bask in God's glorious love for you, and let Him quiet you with His love. Throughout Scripture, we're exhorted to be still before God, so I've intentionally included this space for you to simply be quiet with Him. If prayer is a conversation (and it is), then this is your chance to let God's Spirit speak to your spirit.

TRUST HIS FAITHFULNESS

We all suffer from soul amnesia, forgetting who God is and what He has done from one day to the next.⁸ This is the place where we preach to our own hearts, reminding ourselves of how God has been faithful throughout history. So we tell ourselves the gospel story over and over again, until it becomes the narrative framework of our own lives. With such assurance of God's faithfulness, we can then bring our burdens before the Lord and entrust them to His loving care, confident that He will continue to be faithful in our lives, just as He has always been. This is the place to bring your specific requests to God, and then end by declaring to Him and to yourself: God, I trust You.

The acronym itself, REST, serves as a reminder that God welcomes us to cease striving, to stop worrying, to pause our hustling, and to rest in Him.

This is why I believe it's so important that we train ourselves in prayer—not just intercessory prayer or warfare prayer, which certainly have their place, but also restful prayer, or if you will, *prayers of rest*. These prayers are pauses in our day when we stop what we're doing and become aware of God's presence alongside us, inviting us to live life empowered by His Spirit, not our own limited resources.

As you practice this daily habit of Prayers of REST, I hope the acronym will become engrained in your memory, an easy-to-remember mnemonic device that becomes your lifeline when anxiety takes your breath away and worry keeps you up at night.

I hope you become proficient in applying the Prayers of REST framework to any passage of Scripture, learning to wield the sword of the Spirit against the enemy in his conniving schemes.

Finally, I hope your journey of learning to pray doesn't end with you, but

becomes part of the legacy you leave for the next generation. I hope these Prayers of REST become a teaching tool for your own children, discipleship groups, and churches, equipping the saints to do the good work God has called all of us to do (see Ephesians 4:12–16).

HOW TO USE THE PRAYERS OF REST BOOK

If you're one of the many who don't know *what* to pray, I hope the words of these prayers will help you verbalize what's on your own heart. And if you feel indifferent? Well, a quick scan of the titles of the prayers will surely reveal pain points that will cause you to long for rest in God's presence. Each prayer can be read in less than two minutes, so busyness ought never to get in the way, but it can easily serve as a springboard to longer prayers. May this book become worn with use as you make your way into God's throne room again and again.

To help you grow a habit of daily prayer, I've structured this book into collections of prayers centered on common prayer requests and common struggles. If you're eager to dive in, you may want to start with Resting in the Promises of God, Prayers for Overcoming, or Prayers for Others.

But I've also included collections of prayers we might not think to pray, but that serve to form our souls, our theology, and our affections with the Good News of Jesus. These were some of my favorite prayers to write, and I hope they stir in you great affection and devotion to our King Jesus.

Some of these collections correlate with books I've read or written myself. Where that is the case, I've noted those titles in the endnotes if you'd like to further explore that particular topic. Additionally, I've created a partial index at the back of this book if you want guided prayers at particular times of the calendar or liturgical year.

Whether you read this book straight through or jump in and out of collections, I encourage you to follow these simple steps for habit formation:

1. *Start Small*

The daily prayers are intentionally brief to avoid overwhelm. Because it takes less than sixty seconds to read, you'll be more likely to remain consistent even on the days you don't "feel like it." And remember that God doesn't despise small

beginnings (see Zechariah 4:10) but rewards faithfulness day after day. Ask Him to help you be consistent in your tiny prayer habit, and He will do it!⁹

2. *Link Your Habit*

Think about your daily routine: what's something you do each day without even trying? Maybe it's making your morning coffee, brushing your teeth at night, or sitting in the carpool line. Identify one established habit, and then link your new prayer habit to your established one, either doing them at the same time or immediately after. This way you'll never forget to pray, and over time you'll feel it's a natural part of your daily life.¹⁰

3. *Celebrate Growth*

God is the One who plants the seed of His Word in our hearts, and He's also the One who causes it to grow. As you become more fluent and consistent in prayer, pause to celebrate that growth—God's the One who's doing it! He's transforming you into a person of prayer, and as you look back on the past couple weeks, you can probably see other changes He's making in your life.¹¹

4. *Personalize Your Habit*

God made you just the way you are, with your own unique genetic makeup and personality. And He welcomes you to come to Him just as you are. Resist the temptation to compare your prayer life with someone else's. In fact, embrace creativity and individuality when it comes to your prayer habit. Are you a kinesthetic learner? Try writing out your prayers. An auditory learner? Try listening to the Prayers of REST podcast while you pray. A visual learner? Consider adding highlights and doodles to your prayers. God is the originator of creativity, and He welcomes your creativity in conversation with Him.¹²

5. *Build Your Habit*

Now that your prayer habit is a regular and enjoyable part of your day, you can build a rhythm of prayer that is unique to you. Try expanding your prayer time from 2–3 minutes to five minutes, then ten minutes, and continuing as is appropriate to your season of life. Or perhaps you'll choose to build additional pauses for prayer

LET'S GET STARTED

into your day, a few minutes at a time, linked to various habits in the morning, at lunchtime, in the afternoon, and in the evening.

There's no right or wrong way to pray as long as you are seeking God with a sincere heart. Just as Jesus taught His disciples to pray, so He will teach you through His Spirit, guiding you into your new prayer habit and leading you deeper in conversation with Him.

You'll find additional training materials and prayer resources, as well as the Prayers of REST podcast at www.prayersofrest.com.

I'm so grateful we serve a God who is not a heartless task master, but a compassionate and gracious God, slow to anger and abounding in faithful love, welcoming us into His presence to find rest for our souls. He is the God who is calling to you, inviting you, and drawing you into a life of rest through prayer.

As we begin this journey toward starting a prayer habit, may I pray a blessing over you?

*Now to Him who is able
to keep you from stumbling,
and to present you before His glorious
presence without fault and with great joy,
to the only God our Savior be glory and
majesty, power and authority
through Jesus Christ our Lord, before all
ages, now, and forevermore.*

Amen

(Jude 24–25)

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FINDING
QUIET
REST
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REST FOR YOUR SOUL

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

MATTHEW 11:28-30

RECITE GOD'S GOODNESS

Thank You, Jesus, for your invitation to come to You, even when I'm tired and have nothing to offer. You are gentle. You are humble. And You promise not just comfort or reassurance, but rest for my soul. Thank You.

EXPRESS YOUR NEEDINESS

O God, I need You. So often I rush through life, collapsing at the end of the day, exhausted. You know how tired I am. Help me slow down and acknowledge the weight of my burdens. I'm worn out. I'm weary. I can't do this on my own. I need You.

SEEK HIS STILLNESS

Take a few moments to become aware of God's loving presence surrounding you this very moment. Just be still with Him.

TRUST HIS FAITHFULNESS

Precious Jesus, You don't turn away anyone who comes to You. I bring my heavy burdens and lay them at Your feet. I trade all my big expectations for Your simple expectation: to love You and to love others. What a light load, for You have loved me first. So God, I trust You.

For Further Prayer and Study

Exodus 33:14 • Psalm 116:7 • Jeremiah 6:16 • John 7:37 • 1 John 5:3



GOD IS OUR REFUGE

*"God is our refuge and strength, an ever-present help in trouble.
Therefore we will not fear."*

PSALM 46:1-2

RECITE GOD'S GOODNESS

O God my Refuge,¹ You command the universe, yet You long for a relationship with those You created. What a privilege! Thank You that You are not removed from Your creation, but You are here with us, our refuge and strength. Always present. Always loving. Thank You, God.

EXPRESS YOUR NEEDINESS

I confess that even though You are available, so often I don't run to You. It's so easy to run to my phone, to my pantry, to my preferred distraction instead of running to You. My heart is prone to wander. Draw me back to Yourself in steadfast love and devotion.

SEEK HIS STILLNESS

Confess what distracts you from running to God, and ask Him to give you a desire for Himself. Then sit quietly with your loving God, who desires to be your refuge and strength.

TRUST HIS FAITHFULNESS

Lord God, because of Your perfect love, I have nothing to fear. No matter how bad things get, I am not a slave to fear because perfect love casts out fear, and You are love. So I place before You the very things that cause my heart to tremble, and I trust You.

For Further Prayer and Study

Exodus 15:7-11 • Psalm 9:9 • 18:1-2; 34:4 • Lamentations 3:57-58



RESTING IN GOD'S SALVATION

"This is what the Sovereign LORD, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.'"

ISAIAH 30:15

RECITE GOD'S GOODNESS

O Just and Gracious God, You welcome us not because of what we offer, but because of who You are. You are faithful, gracious, compassionate, and kind. Thank You for inviting me to turn from old habits and find rest in You.

EXPRESS YOUR NEEDINESS

God, it's humbling to recognize how foolish I am to turn to false saviors. My heart is prone to wander, even though those places never offer the peace I seek. Forgive me for all the ways I run away. Give me *a heart that seeks hard after You*; help me return to You, rest in You, and be quiet with You.

SEEK HIS STILLNESS

Become mindful of God's loving presence surrounding you this very moment. Allow His peace to fill you, His love to quiet you. Be still.

TRUST HIS FAITHFULNESS

O God, You are the unchanging One; even when I'm fickle, You remain faithful to Your character. Thank You that You receive me whenever I come back to You. You never turn Your back on me or send me away. I trust You with everything that's on my heart today.

For Further Prayer and Study

Exodus 14:14 • Isaiah 30:15–18; 32:17 • Jeremiah 29:12–13



RESTING IN THE FINISHED WORK OF JESUS

"Have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness."

PHILIPPIANS 2:5-7

RECITE GOD'S GOODNESS

Loving God, I praise You for Your loving obedience to the point of death on a cross. It was love that held You there. I've been forgiven because of Your sacrifice, but I have hope because of Your glorious resurrection. You are the victorious King, and I bow before the Lord of lords.

EXPRESS YOUR NEEDINESS

I get caught up in daily responsibilities and worries, quick to forget the good news of who Jesus is and what He accomplished on the cross. Forgive me. Draw me back to the beauty of the gospel and Your love for me in Jesus Christ. Help me rest in the finished work of Jesus.

SEEK HIS STILLNESS

Ask God if there's anything He'd like to show you about resting in the finished work of Jesus, and just be still as you listen to His voice.

TRUST HIS FAITHFULNESS

O Jesus, You humbled Yourself by walking dusty roads, washing dirty feet, and touching the shunned. Not only are You good, but You are powerful, Lord above all. If anyone is trustworthy with my life, my burdens, and my loved ones, it is You. I trust You.

For Further Prayer and Study

Matthew 20:26-28; John 1:1-18; Romans 8:3; Hebrews 2:17



RESTING WITH THE GOOD SHEPHERD

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

JOHN 10:10

RECITE GOD'S GOODNESS

O Gentle Shepherd, You've come to bring life to the fullest, even in the hardships I'm facing. You are so good that You would not abandon me because of my own wandering heart, but You seek out Your lost sheep, remaining faithful and steadfast, gently shepherding me and leading me into green pastures.

EXPRESS YOUR NEEDINESS

Like a silly sheep, I search for greener pastures only to stumble upon poisonous distractions. Forgive me for running to all the wrong places, secretly believing that *something else* will comfort my heart. In Your kindness, turn my heart toward You alone so that I will again discover that You are enough.

SEEK HIS STILLNESS

In the next few moments, confess how you wander, and ask God to help you stay close to the Good Shepherd. Then allow His peace to fill you, His love to surround you.

TRUST HIS FAITHFULNESS

Lord Jesus, You are my Good Shepherd. A hired shepherd would run away from danger, but not You. When the enemy of our souls came against us with sin and death and destruction, You ran headlong into that threat, laying down Your own life for us. God, I can trust You. I trust that You are faithful.

For Further Prayer and Study

Psalm 65:11; John 3:14–21; Romans 5:17



RESTING IN GOD'S SOVEREIGNTY

*"LORD Almighty, the God of Israel, enthroned between the cherubim,
you alone are God over all the kingdoms of the earth."*

ISAIAH 37:16

RECITE GOD'S GOODNESS

King of the Universe, You reign over the whole world. You made us; we are Your people. Our distress does not go unnoticed, rather, You bend low from on high to hear our desperate cries. I praise You for caring enough to listen when we cry out to You.

EXPRESS YOUR NEEDINESS

Lord God, so often I act as if I rule my life. But crises reveal that I'm not really in control—You are. Forgive me for pride, for giving other things more influence in my life than You. Help me fix my eyes on You and give You the honor and respect You deserve.

SEEK HIS STILLNESS

Imagine bringing your burdens and placing them into God's loving hands. See Him holding them, relieving you of their weight. Be still with Him.

TRUST HIS FAITHFULNESS

O Lord, You are not an idol made of wood or stone that can be burned or lost or stolen. You are the one true God, my Creator, who made humanity and breathed life into us. You are the Covenant-Keeper who keeps His promises and is always faithful. So I trust You with all the worries that have weighed heavy on my heart.

For Further Prayer and Study

Deuteronomy 10:12–22 • Psalm 34:17 • Daniel 4:34–35



RESTING IN THE SPIRIT'S INTERCESSION

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

ROMANS 8:26

RECITE GOD'S GOODNESS

Heavenly Father, what a gift You've given us—filling us with Your own Spirit! Not just indwelling me, but also interceding for me. When I don't know what to say, You still welcome me to come. When I have no words, Your Spirit searches my heart and prays on my behalf. Thank You, Father, for that incredible gift!

EXPRESS YOUR NEEDINESS

My prayers feel weak, Lord. So often I don't know what to say, so I just skip prayer altogether. Forgive me for measuring effectiveness by how eloquent my prayers are. Teach me to pray, just as You taught Your disciples, Jesus. And teach me how to be still, allowing Your Spirit to speak on my behalf.

SEEK HIS STILLNESS

Be still before God, becoming aware of His Spirit's prayers on your behalf. Don't rush to fill the silence. Just be with your heavenly Father.

TRUST HIS FAITHFULNESS

Lord God, You don't need me or my prayers, but still You invite me to keep coming back to You. Thank You for listening to me on my good days and bad. Even now Your Spirit is bringing You my prayers, and You hear me. Thank You for growing me in conversation with You.

For Further Prayer and Study

Zechariah 12:10 • John 14:16 • Romans 8:15–16 • Ephesians 2:18; 6:18 • Hebrews 7:25



RESTING IN GOD'S POWER

*"He got up, rebuked the wind and said to the waves, 'Quiet! Be still!'
Then the wind died down and it was completely calm."*

MARK 4:39

RECITE GOD'S GOODNESS

Sovereign Lord who commands the winds and the waves, You created everything, and every molecule in the world must obey Your Word. Jesus, You are Lord over all, and You will reign forever and ever, seated at the Father's own right hand. I praise You!

EXPRESS YOUR NEEDINESS

Lord God, like the disciples in the boat, I also struggle with fear and faithlessness. And when I shift my gaze from You and stare at the storm around me, I sink into despair. I need You. Help me fix my eyes on You. I believe in You, Jesus! Help my unbelief.

SEEK HIS STILLNESS

Just as Jesus slept in the storm-tossed boat, without a concern in the world, so now rest in God's presence. Listen to Him speak peace over your life just as He spoke it over the waves.

TRUST HIS FAITHFULNESS

I place into Your hands those things that are heavy on my heart, Lord. You have always been faithful, and You will continue to be faithful in my life. I receive Your peace that passes understanding. I trust Your loving care and Your power to work all things for good.

For Further Prayer and Study

Matthew 17:20 • Mark 9:24 • Hebrews 11:1, 6



RESTING IN JESUS' LOVE

"As the Father has loved me, so have I loved you. Now remain in my love."

JOHN 15:9

RECITE GOD'S GOODNESS

Precious Redeemer, even when we were Your enemy, You loved us. You perfectly kept the Father's commands and perfectly remained in His love, and then placed Your Spirit within us so that we may remain in Your love. I praise You for the privilege of being found in Your love.

EXPRESS YOUR NEEDINESS

O Jesus, open the eyes of my heart to grasp the enormity of Your love in me, so that it overflows toward my family, friends, and coworkers. On my own, I cannot muster enough love for those difficult and hurtful people in my life. Show me how to love them by remaining in Your love.

SEEK HIS STILLNESS

Allow God to show you a glimpse of His overwhelming, unending, all-encompassing love that He offers you in Christ Jesus. Let Him quiet you with His love.

TRUST HIS FAITHFULNESS

Lord Jesus, You spoke these words before going to the cross, yet assured Your disciples that their mourning would soon turn to rejoicing. And now, as I await Your return, I rejoice in Your love, assured that soon I'll see You face-to-face. You've kept every promise You've ever made, so I can trust You.

For Further Prayer and Study

Zephaniah 3:17 • Hosea 14:4 • John 14:15–21; 15:9–13; 17:20–26 • Philipians 3:10–14



RESTING IN JESUS' REIGN

"The Son is the image of the invisible God, the firstborn over all creation. . . . He is before all things, and in him all things hold together."

COLOSSIANS 1:15, 17

RECITE GOD'S GOODNESS

King Jesus, You rule over every molecule in the universe, and in You everything holds together. Nothing escapes Your dominion because You created all things, You reign over all things, and You will renew all things.

EXPRESS YOUR NEEDINESS

You have created me to delight in You, yet so often I'm self-absorbed, consumed with my own worries. Thank You for this gentle reminder to take my gaze off myself and fix my sight on You. I humble myself before Your greatness, comforted by Your reign. Help me find rest for my soul in You alone, for You rule sovereign over all!

SEEK HIS STILLNESS

Take a few moments to become aware of God's presence right where you are—His love enveloping you; His sovereignty ruling over you; and His goodness following you all the days of your life.

TRUST HIS FAITHFULNESS

You are the One I can depend on. You've never slipped from Your throne; there has never been a threat to Your reign. Even the forces of hell cannot stand against You and Your church. Your purposes will prevail. So I bring my burdens and lay them before you, trusting that You are faithful.

For Further Prayer and Study

Isaiah 26:3 • John 1:1–18 • Romans 11:33–36 • 1 Corinthians 1:9 • 2 Corinthians 1:19;
Colossians 1:15–17



RESTING IN THE ASSURANCE OF A BEAUTIFUL FUTURE

*"I saw the Holy City, the new Jerusalem, coming down out of heaven from God,
prepared as a bride beautifully dressed for her husband."*

REVELATION 21:2

RECITE GOD'S GOODNESS

O Lord God who inhabits eternity, my soul comes alive with the hope of what is to come! In Your kindness, You don't discard the broken and bruised, but You make all things new. I praise You for promising to dwell with us in all Your marvelous glory, when we will gaze upon Your beauty and see you face-to-face. What a glorious day that will be!

EXPRESS YOUR NEEDINESS

Lord God, how easily I forget the reality that I'm living into—this moment of Your union with Your people. Would you cause me to long for You with all the longing of a bride on the eve of her wedding day? I want to want You with all my heart.

SEEK HIS STILLNESS

Try to picture God wiping every tear, annihilating death and sickness, and receiving the water of life from Jesus Himself. Be still before God, and allow His loving presence to fill your heart.

TRUST HIS FAITHFULNESS

What a beautiful picture of the fulfillment of Your promise from Genesis 3:15! There is no doubt about it: You will keep Your promise to dwell with us again because You are faithful and true. I trust You.

For Further Prayer and Study

Isaiah 35 • Zechariah 2:10–13 • 2 Corinthians 5:17; 6:16 • Revelation 21:3–7



RETURNING TO REST

"Return to your rest, my soul, for the LORD has been good to you."

PSALM 116:7

RECITE GOD'S GOODNESS

O Giver of every good and perfect gift—even the ability to rest my body and my soul comes from You. Only You offer the protection and safety I need. In You alone can I rest securely.

EXPRESS YOUR NEEDINESS

To be honest, my soul does not rest in Your goodness as it should. I'm either hustling from one project to the next, or I'm numbing my exhaustion with entertainment and distractions. My heart is restless; help me find my rest in You, Lord. Let me become so aware of Your goodness that my soul finally sighs with relief.

SEEK HIS STILLNESS

If you're able, lie flat on your back and take a few deep breaths as your whole body quiets down. Imagine resting in the goodness of God. There's nothing you need to do or say—just rest in the assurance that your heavenly Father holds you securely in His loving embrace.

TRUST HIS FAITHFULNESS

God, You are the One I can fully rely on. My soul finds rest in You alone. May Your goodness and mercy follow me all the days of my life, so that I may rest securely in Your presence as long as I live.

For Further Prayer and Study

Psalm 23:2, 6; 62:1 • Isaiah 30:15 • Matthew 11:28–30 • Colossians 1:15–17

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