

Your Rest Rhythm

A one-page practice for the woman who is always 'on'

1. CEASE

What will I intentionally stop during my rest window?

Examples: email, errands, fixing, planning, work, or being available to everyone.

I will cease: _____

My rest window: _____

2. REPLENISH

What helps my body exhale, my mind quiet, and my spirit notice God?

Choose what restores—not only what distracts. Consider worship, a nap, a slow meal, a walk, play, silence, or reading for delight.

I will make room for: _____

I want rest to feel like: _____

3. TRUST

What unfinished thing do I need to release to God?

Write down the loose end, decide when you will return to it, and let it remain undone without rehearsing it.

I am releasing: _____

I will return to it on: _____

A PRAYER OF RELEASE

God, I release what I cannot finish today. Teach me to stop with trust, receive my limits without shame, and remember that You are still working while I rest. Amen.

REST IS NOT A REWARD FOR FINISHING EVERYTHING. REST IS A HOLY RHYTHM OF TRUST.