

Come to Me  
and I will give  
you rest.

Matthew 11:28

eBook



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# Chapter 1 – Be Still

**Psalm 46:10** – “Be still, and know that I am God.”

Theme: Stillness as trust

Teaching:

- Stillness as an act of faith
- God’s presence beyond effort or control

Prayer Meditation:

- Breath prayer:
  - Inhale: Be still
  - Exhale: and know that I am God
- Reflection prompts:
  - Where am I striving instead of trusting?
  - What does stillness feel like in my body and soul?

# Resting in God's Peace

## A Gentle Devotional Journey into Stillness, Trust, and Divine Rest

### Introduction – An Invitation to Rest

- Why rest is sacred, not passive
- God's peace as a place we return to
- Letting go of striving and performance
- How to use this book (slowly, prayerfully, repetitively)

Optional practice:

A simple settling prayer or breath awareness before reading...

Pause for a moment.

Allow your body to soften.

Take a slow breath in through the nose, and a gentle breath out.

Loving God,

I quiet my heart in Your presence.

As I breathe, help me release distraction and hurry.

Open my mind, soften my body, and let Your peace settle within me.

May these words be received with stillness, and may I rest in Your wisdom and care.

Amen.

## 1. Breath Prayers for Rest

A simple way to pray with the body and breath  
Breath prayer is an ancient Christian practice  
that gently unites body, breath, and prayer.

There is no need to force the breath or  
concentrate hard. Simply allow the prayer to  
move with your natural breathing.

You may return to these prayers whenever you  
feel tired, anxious, or in need of God's peace.

Suggested Breath Prayers:

- Inhale: Be still
- Exhale: and know that I am God (Psalm 46:10)
- Inhale: My soul finds rest
- Exhale: in God alone (Psalm 62:1)
- Inhale: The Lord is my shepherd
- Exhale: He restores my soul (Psalm 23:1-3)
- Inhale: In Your peace
- Exhale: I rest (Psalm 4:8)

Allow the prayer to soften the heart rather than  
engage the mind.

Even a few slow breaths are enough.

## Chapter 2 - My soul finds rest

### Trust & Surrender

#### Trusting God as refuge and strength

Theme: Letting Go into God

Scripture: “Cast all your anxiety on Him because He cares for you.” — 1 Peter 5:7

Meditation Script:

Bring awareness to your breath.

Feel the ground beneath you.

As you inhale:

“I place my trust...”

As you exhale:

“...in You, Lord.”

With each breath out,  
release what feels heavy.

Like water flowing downhill,  
allow yourself to be carried.

Rest here,

knowing you are deeply cared for.  
Amen.

## 2. Favourite Psalms for Rest & Peace

Scriptures to return to again and again

These Psalms can be read slowly, prayed aloud, or  
simply held quietly in the heart:

- **Psalm 4:8 — Rest and sleep in peace**
- **Psalm 23 — Restoration and gentle guidance**
- **Psalm 29:11 — God's blessing of peace**
- **Psalm 46 — Stillness in God's sovereignty**
- **Psalm 62 — Soul-deep rest in God alone**
- **Psalm 91 — Dwelling in God's shelter**
- **Psalm 121 — God's constant watchful care**
- **Psalm 127:2 — God grants rest to those He loves**
- **Psalm 131 — A quieted and calmed soul**

You may wish to mark one Psalm and stay with it  
for several days, allowing it to become a  
companion.

## **Chapter 3 – Restored by the Shepherd Gentle guidance and soul restoration**

Psalm 19:1 – “The heavens declare the glory of God...”

Theme: God’s peace revealed in creation

Teaching:

- Creation as a teacher of rest and rhythm
- Slowing down to notice God’s glory

Prayer Meditation:

- Guided imagery: resting beneath the sky, sensing God’s vastness

Reflection prompts:

- Where do I notice God in the natural world?
- How does creation invite me to rest?

## Week 3 — God as Refuge

Theme: Inner Shelter

Scripture: “God is our refuge and strength.” —  
Psalm 46:1

Meditation Script:

Sit or lie comfortably.

Place one hand on your heart.

As you inhale, pray:

“You are my refuge...”

As you exhale:

“...and my strength.”

Sense God as a quiet shelter around you.

A safe place to rest.

Let the breath slow naturally.

Remain in this refuge for a few moments.

Amen.

## Chapter 4 – The Lord Is My Shepherd

Psalm 23:1–3 – “He restores my soul.”

Theme: Being gently led

Teaching:

- God as Shepherd, not taskmaster
- Restoration as a divine promise

Prayer Meditation:

- Breath prayer:
  - Inhale: The Lord is my shepherd
  - Exhale: He restores my soul
- Reflection prompts:
  - Where do I need restoration right now?
  - What does it feel like to be guided rather than driven?

# Week 4 – Renewal & Gentle Strength

Theme: Restoring the Soul

Scripture: “He restores my soul.” – Psalm 23:3

Meditation Script:

Allow your breath to deepen slightly.

As you inhale:

“You restore...”

As you exhale:

“...my soul.”

Imagine restoration flowing through you  
like clear water.

No effort is required.

Only receiving.

Stay with the breath,  
receiving God’s gentle renewal.

Amen.

## Chapter 5 – Entering God’s Rest

Additional Psalms of Rest (select excerpts):

- Psalm 4:8 – “In peace I will lie down and sleep.”
- Psalm 91:1 – “Whoever dwells in the shelter of the Most High...”
- Psalm 131:2 – “I have calmed and quieted my soul.”
- Psalm 127:2 – “He grants sleep to those He loves.”

Theme: Dwelling, not doing

Teaching:

- God’s rest as a place we abide
- Releasing guilt around rest

Prayer Meditation:

- Resting prayer with silence between breaths

Reflection prompts:

- What beliefs do I hold about rest?
- How might God be inviting me to rest more deeply?

# Week 5 – Peace Beyond Understanding

Theme: Nervous System Calm

Scripture: “The peace of God... will guard your hearts and minds.” – Philippians 4:7

Meditation Script:

Let your shoulders soften.

Unclench the jaw.

As you inhale, pray:

“Your peace...”

As you exhale:

“...guards my heart.”

Allow peace to settle deeply,  
protective and steady.

Rest here,  
wrapped in God’s peace.

Amen.

# Chapter 6 – Peace That Guards the Heart

Psalm 29:11 – “The Lord blesses His people with peace.”

Theme: Peace as protection

Teaching:

- God’s peace guarding heart and mind
- Peace beyond circumstances

Prayer Meditation:

- Body-based prayer: sensing peace settling through the body

Reflection prompts:

- What threatens my peace most often?
- How does God’s peace feel when I imagine it surrounding me?

# Week 6 – Deep Rest & Peace in God

Theme: Trusting God's Care

Scripture: "In peace I will lie down and sleep." –  
Psalm 4:8

Meditation Script:

If possible, lie down or lean back.

As you inhale:

"In Your peace..."

As you exhale:

"...I rest."

Let the body grow heavy and warm.

Like winter earth, restoring beneath the surface.

Remain in stillness,  
trusting God's watchful care.

Amen.

# Chapter 7 – A Rhythm of Rest

Theme: Living from rest, not exhaustion

Teaching:

- Creating small daily practices of stillness
- Returning to God's peace again and again
  - Simple practices:
    - Morning stillness
    - Evening surrender prayer
    - Weekly Sabbath moments

Closing Blessing – Rest in God

- A final blessing prayer
- Invitation to return to the Psalms as companions
- Encouragement to rest without striving

## **Meditation – Living from Rest**

Find a comfortable position.

Allow your body to be supported.

Gently close your eyes, or soften your gaze.

Take a slow breath in,  
and an unhurried breath out.

There is nothing you need to achieve in this  
moment. Nothing to prove. Nothing to fix.

As you breathe, imagine laying down the weight  
of the day.

The tasks, the expectations, the inner noise.

Let them rest outside this moment.

Quietly repeat in your heart:

“My soul finds rest in God alone.”

With each inhale, receive God’s presence.

With each exhale, release effort and striving.

Notice the rhythm of your breath.

Simple. Faithful. Enough.

If the mind wanders, gently return to this truth:  
God’s peace is not something you must earn.  
It is something you are invited into, again and  
again.

Rest here for a few breaths,  
allowing stillness to become familiar.

When you are ready, slowly return,  
carrying this rhythm of rest with you.

## **Closing Blessing – Rest in God**

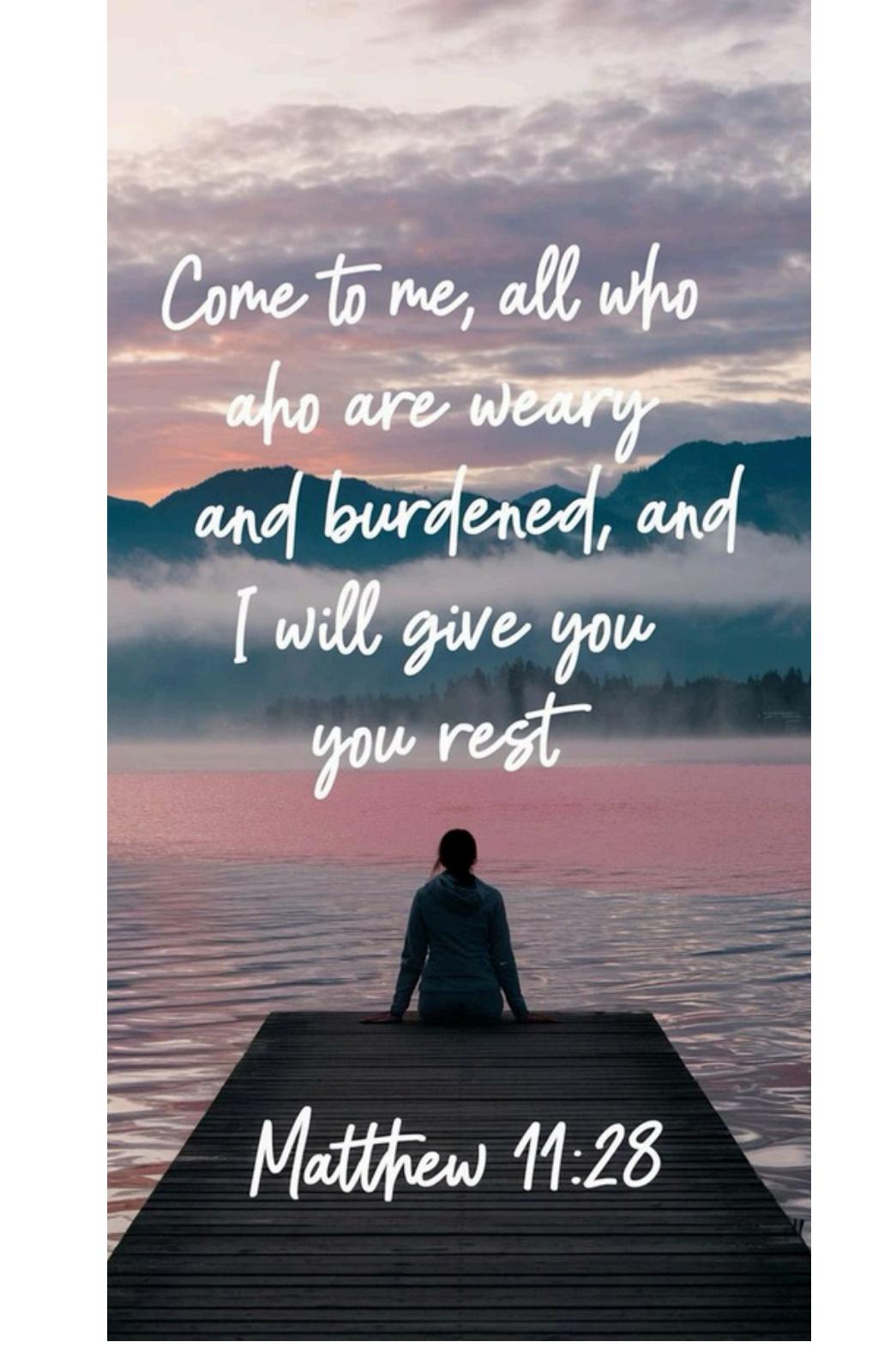
May you learn to live from rest,  
not exhaustion.

May stillness become a gentle companion,  
woven into your mornings, your evenings, and  
your weeks.

May the Psalms remain close to your heart,  
speaking peace when words feel hard to find.

May you trust that God is at work  
even when you are still.  
And may you rest,  
not by striving,  
but by abiding in God's faithful love.

Amen.

A photograph of a woman with dark hair, seen from behind, sitting on a dark wooden dock. She is looking out over a calm lake with a pink and orange sunset sky. In the distance, there are dark mountains and a line of trees. The overall atmosphere is peaceful and contemplative.

Come to me, all who  
are weary  
and burdened, and  
I will give you  
rest

Matthew 11:28