

# Rest Without Guilt



"Come to me, all you who are weary" (Matthew 11:28)

**FOR TODAY:** Sometimes rest feels like giving up, like we're not trying hard enough. But our bodies and minds need rest just like they need air and water. Today, give yourself permission to rest without judging yourself for needing it. Maybe it's closing your eyes for five minutes, sitting quietly during a break, or just slowing down for a moment. Rest isn't lazy - it's essential.

→ **Gentle reminder:** You don't have to earn the right to rest. It's okay to pause when you need to.

**SACRED MOMENTS:** In today's scripture, Jesus extends a tender invitation to all who are weary. Notice the words are NOT "come when you've finished everything" or "come when you deserve it"; the word is simply "come." God offers rest as a gift, not a reward. When we accept this gift of rest, we honor both our human limits and God's care for us.

→ **Today's practice:** When you rest today, try whispering "Thank you" instead of "I should be doing something."