

Finding Rest for Your Soul

On the seventh day of creation, God established menuha which means “a settled, deep stillness.” Today our souls need stillness more than ever, and we can find it in Jesus Christ.

READ: Gen. 2:1-3; Ps. 23; Ps. 95:8-11; Jer. 31:31-34; Matt. 11:28-30; Heb. 3:12-19.

HEART ISSUE: How well do you know how to rest in Christ? What would it take for you to experience greater rest in Christ?

PRAYER FOCUS: Father, thank You for loving us so much You provided for our rest. Help me understand and live in the finished work of Christ for my every need. Amen.

Read a companion article.