



KEEP THIS IN YOUR BIBLE
Revisit it whenever you need this reminder again.



Daily
Conversations
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CONVERSATION COMPANION



REST

Where Do I Find
Rest When Life
Feels Heavy?



KEY SCRIPTURE: Matthew 11:28-30



Finding biblical hope for the burdens we all carry.

TODAY'S CONVERSATION



REST



KEY SCRIPTURE: Matthew 11:28-30

FURTHER READING: Psalm 46:10
Exodus 14:14



Main Thought

Have you ever reached the end of the day and realized you're simply exhausted? Not just physically. Deep in your soul.

Certain things can certainly refresh our bodies for a little while, but they cannot always give rest to the soul. Jesus offers a different kind of rest. A rest that comes from knowing we are not carrying life alone.

What God showed me this week...

PERSONAL REFLECTION



Ask Yourself

How does God teach me to find true rest?

1

2

3



Next Step

One practical step of faith I will take this week

- ☐ Pray - Spend time with God & bring this to him
- ☐ Read - Read today's scripture again this week
- ☐ Encourage - Reach out to someone who may be struggling
- ☐ Serve - Look for a way to serve others