

Space for God Weary Souls

PREPARATION

In the name of the Father, the Son, and the Holy Spirit.

Let my soul be at rest again, for the Lord has been good to me. Psalm 116:7

CONFESSION

My guilt overwhelms me— it is a burden too heavy to bear. Psalm 38:4

WORSHIP

Praise the Lord; praise God our savior! For each day he carries us in his arms.

Our God is a God who saves! The Sovereign Lord rescues us from death. Psalm 68:19-20

MEDITATION & CONTEMPLATION—Matthew 11:25-30*

At that time Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike. Yes, Father, it pleased you to do it this way!

"My Father has entrusted everything to me. No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal him."

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."



IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

ANCHORING PRAYER

"Lord, I come to You."

REVIEW OF THE HEART (recent days)

*How has God lightened my load and given me rest?
What weariness or burden am I carrying?*

WISDOM

"And if Jesus Christ gives you rest, you may be sure it will be a rest indeed; it will be such a rest as your soul wants; it will be a rest which the world can neither give nor take away."

—George Whitefield

I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.

Psalm 31:7

"For I have given rest to the weary and joy to the sorrowing." At this, I woke up and looked around. My sleep had been very sweet.

Jeremiah 31:25-26

TESTIMONY What is God saying to me/us?

INTERCESSION Prayers for the Church, for others, and for me.

BENEDICTION

Lord, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

○ Israel, put your hope in the Lord— now and always.

Amen

Psalm 131:1-3

SPACE FOR GOD DAILY

Be still and quiet before God.

Seek the Holy Spirit's filling and

Speak and act from a listening heart.

Actively serve in community with others.