

FINDING REST IN GOD

DEVOTIONAL



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WHY THIS DEVOTIONAL

In a society that is always giving us more distractions - be it work, children activities or scrolling social media, it has become a bit of a challenge for us to seek rest in God. For most of us, the first and last thing we do with our day is check our phones

instead of reading scripture or saying a prayer.

Deception has us believing that spending time with God is “another task on the To-Do list”, when really it is a vital part of our spiritual life. The more we discipline our mind to seek God, the more we will desire and make room for the peace that comes with that time.

My hope is that this devotional encourages you to be intentional in making set apart time to rest in your Heavenly Father's arms.

Ashley -



JESUS RESTED

Mark 1:35

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Jesus did not try and fit solitude into his day, he specifically made time for it. He was intentional in his approach: leaving the house while it was still dark in the morning. Perhaps our intentionality looks different, it

it could be sitting with a bible or journal as our kids colour, or finding a quiet spot on our lunch break at work.

For the next two days let's work on starting a new pattern of behaviour: intentionally sitting down with God for 15 minutes (set an alarm!). I like to start my quiet time by giving thanks for 5 things in my day. Shifting our thinking from to-do lists to focusing on God's goodness is a wonderful way to quiet our mind.

What are you thanking God for today? Write them down in a journal as a reminder of His faithfulness in times of trouble.



GIVE THANKS

Phillippians 4: 6-7

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Over the last two days, you have learned to put intentional time aside and to focus your mind on giving thanks to God during that time. Today let's add a step!

Our minds can be filled with thoughts. Some of these thoughts are rooted in anxiety, fear or even anger. Are you replaying a fight? Are you thinking of a worst case scenario? These thoughts take our mind captive and can fill us with emotions God does not want us to carry. We should instead take these thoughts captive by: (1) stopping the train of thought, (2) surrendering our thoughts to God, and (3) bringing our thoughts back to God's truth. Let's practice this skill over the next two days as thoughts cross our mind.

“God, I feel fear about my child being hurt while away from me. I give you this fear and declare it does not control me. Thank you for watching over my child and holding them in the palm of your hand. I choose to trust in you. Amen.”



OUR THOUGHTS

Psalm 139: 17-18

“How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand!”

We have now been intentional with setting time aside for God, with focusing our mind on giving thanks to God, and on surrendering thoughts that take us away from God's truth. Today we will add: focusing on reminding our mind of what God

says of us. This is an introduction to learning to hear the voice of God. In order to know it is Him speaking, we must learn what His words sound like.

You can choose to browse the bible or find a blog/book that lists all of the things that God's word says about us. Write these verses down and think upon them often, so that His word is what we run to in times of distress.

Not sure where to start? On the next page you will find “The Father's Love Letter”. It is God speaking to us straight from the bible.



FATHER'S LOVE LETTER

An intimate message from God to you.

My Child,

You may not know me, but I know everything about you. Psalm 139:1 I know when you sit down and when you rise up. Psalm 139:2 I am familiar with all your ways. Psalm 139:3 Even the very hairs on your head are numbered. Matthew 10:29-31 For you were made in my image. Genesis 1:27 In me you live and move and have your being. Acts 17:28 For you are my offspring. Acts 17:28 I knew you even before you were conceived. Jeremiah 1:4-5 I chose you when I planned creation. Ephesians 1:11-12 You were not a mistake, for all your days are written in my book. Psalm 139:15-16 I determined the exact time of your birth and where you would live. Acts 17:26 You are fearfully and wonderfully made. Psalm 139:14 I knit you together in your mother's womb. Psalm 139:13 And brought you forth on the day you were born. Psalm 71:6 I have been misrepresented by those who don't know me. John 8:41-44 I am not distant and angry, but am the complete expression of love. 1 John 4:16 And it is my desire to lavish my love on you. 1 John 3:1 Simply because you are my child and I am your Father. 1 John 3:1 I offer you more than your earthly father ever could. Matthew 7:11 For I am the perfect father. Matthew 5:48 Every good gift that you receive comes from my hand. James 1:17 For I am your provider and I meet all your needs. Matthew 6:31-33 My plan for your future has always been filled with hope. Jeremiah 29:11 Because I love you with an everlasting love. Jeremiah 31:3 My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18 And I rejoice over you with singing. Zephaniah 3:17 I will never stop doing good to you. Jeremiah 32:40 For you are my treasured possession. Exodus 19:5 I desire to establish you with all my heart and all my soul. Jeremiah 32:41 And I want to show you great and marvelous things. Jeremiah 33:3 If you seek me with all your heart, you will find me. Deuteronomy 4:29 Delight in me and I will give you the desires of your heart. Psalm 37:4 For it is I who gave you those desires. Philippians 2:13 I am able to do more for you than you could possibly imagine. Ephesians 3:20 For I am your greatest encourager. 2 Thessalonians 16:17 I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4 When you are brokenhearted, I am close to you. Psalm 34:18 As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11 One day I will wipe away every tear from your eyes. Revelation 21:3-4 And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4 I am your Father, and I love you even as I love my son, Jesus. John 17:23 For in Jesus, my love for you is revealed. John 17:26 He is the exact representation of my being. Hebrews 1:3 He came to demonstrate that I am for you, not against you. Romans 8:31 And to tell you that I am not counting your sins. 2 Corinthians 5:18-19 Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19 His death was the ultimate expression of my love for you. 1 John 4:10 I gave up everything I loved that I might gain your love. Romans 8:31-32 If you receive the gift of my son Jesus, you receive me. 1 John 2:23 And nothing will ever separate you from my love again. Romans 8:38-39 Come home and I'll throw the biggest party heaven has ever seen. Luke 15:7 I have always been Father, and will always be Father. Ephesians 3:14-15 My question is... Will you be my child? John 1:12-13 I am waiting for you. Luke 15:11-32

*Love, Your Dad
Almighty God*



BE INTENTIONAL

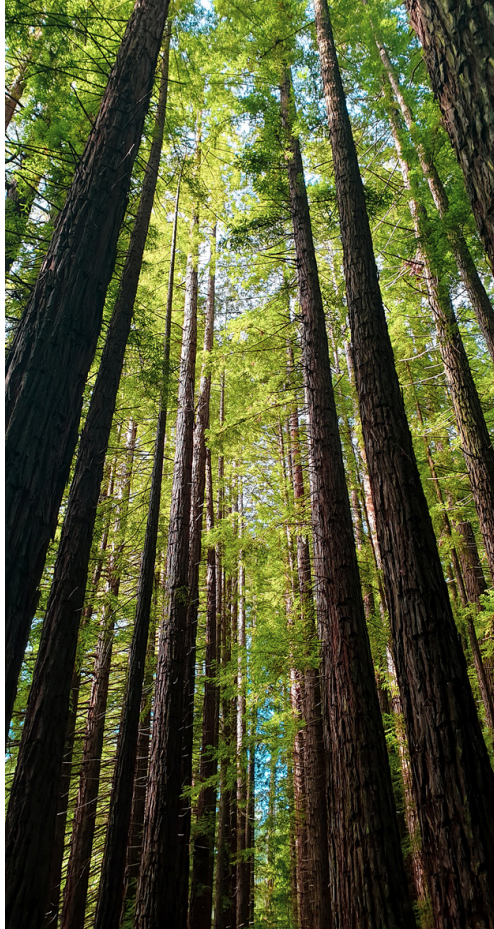
1 Corinthians 10:31

**“So, whether you eat or drink,
or whatever you do, do all to
the glory of God.”**

What a beautiful week we have had together learning to be intentional in our time with God. Keep this routine going daily - it will feed your spirit and keep you seeking more of our Heavenly Father.

Go ahead now and set an alarm for a time you want to set apart each day. If you miss a day, not to worry. Start again without waiting! When we choose to dive into our relationship with God, the devil has a tendency to want to distract us away from it. Remember to be intentional as Jesus was.

A relationship with God is not about coming to Him perfect and staying away when we are blemished. It is about running to him (even if we crawl there) in whatever state we are in, He awaits us. In choosing Christ in every moment we glorify the beauty of His sacrifice and love for us. Keep running to Him daily.



MEET ASHLEY



Ashley is a dedicated mother of three, wife, and real estate agent. She has been writing from a young age and has made it her ministry to draw others to Christ by reflecting Him in the daily mundane things. You can check her out on Youtube (@yourlifehisvoice) or read more of her posts on the blog (www.yourlifehisvoice.com).

When she is not chasing the kids, Ashley enjoys heartfelt conversations and encouraging growth in the lives of those in her community.

Thank you for having spent this week with me, learning to find rest in God. May your life be greatly blessed.

Ashley Bergner