A Bible Verse for Tired Moms

"Come to me, all

you who are weary and burdened, and I

will give you rest."

MATTHEW 11:28

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4 One thing is seek after that will I seek after that will he house of the LORD to live in the days of my life, LORD all the days of my life, to behold the beauty of the LORD,

and to inquire in his temple

rOr The troubles of my heart are sOr in your enlarged: bring me tOr refuge faithfulness

O LORD, I call. To you, ock, do not refuse to hear my me, are silent to me, or if you are like those who go of i shall be to the Pit. rayer for

PSALM 29.2

or help. ost holy

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ho are workers of ace with their

chief is in their m according to their

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em according of their them thei vorks of the ne work of his hand Il break them down build them up no m

ed be the LOR for he has heard the my pleadings. ne LORD is my strend shield;

in him my heart tr so I am helped, and exults

and with my son thanks to him The LORD is the

people; he is the sav anointed

9 O save your p vour her their sh them f

The Voice

for It Ascribe

> 2 ASCTI uHeb y

vHeb s

and the trusted in the LORD without wavering Prove me, O LORD, and try mei test my heart and mind. For your steadfast love is before my eyes

- and I walk in faithfulness to
- I do not sit with the worthless,
- nor do I consort with I hate the company of evildoers, and will not sit with the
- 6 I wash my hands in innocence,



PSALM 25.13

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MATTHEW 11:28

15 *Comforting Bible Verses About Rest*

Verses for burnout, anxiety & weariness

15 Comforting **Bible Verses**

Verses for burnout, anxiety & weariness

eed not say anything. *s*For they themselves ne forth everywhere, so that we report concerning us the kind of reception we had among you, and how you turned to God from idols to serve the living and true God. Pand to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come

Paul's Ministry to the Thessalonians

For you yourselves know, brothers, i that g of their sins. But Gods wrath has come upon un coming to you was not in vain. 2But g them at last? and oppose all mankind 16 by hindering us ← our coming to you was not in vain. ²But % though we had already suffered and been **Sau's Longing to See Them Again** shamefully treated at Philippi, as you know "But since we were torn aw from speaking to the Gentiles that they might though we had already subtree and been shamefully treated at Philippi, as you know

shamefully treated at Philippi, as you know. "But since we were torn away from you wou the gospel of God in the midst of much a heart, we endeavored the more caperly and we had boldness in our God to declare to $\frac{1}{2}$ brothers, for a short time in person to conflict, $\frac{3}{2}$ for our appeal does not spring from $\frac{1}{2}$ with great desire to see you for any attempt to decrive $\frac{1}{2}$ is because we wanted to come to you $\frac{1}{2}$ or $\frac{1}{2}$ is $\frac{1}{2}$. to be entrusted with the gospel so we At to please man, but to please God who a before our Lord Jesus at his coming is of flattery? As you know, nor with a convert out of Jesus at his coming? Is it not with a convert out of greed God is witness, so Nor did so therefore when we could be at his coming? Is it not with a convert out of the please Greek ward added in them and some the please Greek ward added in them and some the please Greek ward added in them and some the please Greek ward added in them and some the please Greek ward added in thematiked thematiked thematikes for a solar some to solar some to solar some time to solar some time to solar some time to solar some time to solar some times to solar sola pretext for at is our hope or joy or crown of boasting k 2 what is our hope or joy of crown of boasting before our Lord Jesus at his coming? Is it hot -but Satan hindered us. 19 For ome to you-I. Paul ce to face.

Achaia, but your faith in word of God, which is at work in you even when so that was ers 14 For you brathers, become investigation lat when you received the word of God. which you heard from us, you accepted o thank God constantly for as the word of men but as what it really ers 14 For you, brothers, became the churches of God in Christ Jesu Judea. For you suffered the your own countrymen as they did from the Jour own commutation as they are more the Jour Jews, 15 who killed both the Lord Jesus and the prophets, and drove us out, and displease God

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Spiritual Rest Tips for Weary Moms

HOW TO FIND REST IN GOD, EVEN IN A BUSY SEASON

Spiritual Rest Tips for Weary Moms

HOW TO FIND REST IN GOD, EVEN IN A BUSY SEASON

Bible Verses About Rest

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Isaiah 26:3 (NIV)

Bible Verses About Rest

"Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."

2 Thessalonians 3:16 (NIV)

PRACTICAL STEPS FOR MOMS TO FIND REST IN GOD Redefine what rest looks like right now. Find small pockets of rest throughout your day. Create boundaries that protect your rest. Embrace tried-and-true methods of spiritual rest and renewal. Families With Grace.com

How moms can find rest in God today! Start small. Choose one Bible verse about to meditate on this week. Look for at least one small pocket of time to connect with God (in the shower, driving, doing dishes, etc.). Ask God to help you see opportunities for rest that you might be missing.



Mama

YOU ARE SEEN. YOU ARE LOVED. YOU ARE HELD.



BREATHE. PRAY. REST.

Even Jesus took naps. You can rest, too.

Rest is not a reward. It is a gift from God.

Mama, rest is part of God's plan for you!

Mama, rest is part of God's plan for you!