

# 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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A wooden park bench is in the foreground, slightly out of focus. The background shows a park with green trees and a building under a bright sky.

# 15

## *Comforting Bible Verses About Rest*

Verses for burnout,  
anxiety & weariness



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# Spiritual Rest Tips for Weary Moms

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

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## *Bible Verses About Rest*

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

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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."*

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*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.



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.

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*Mama*

BREATHE.

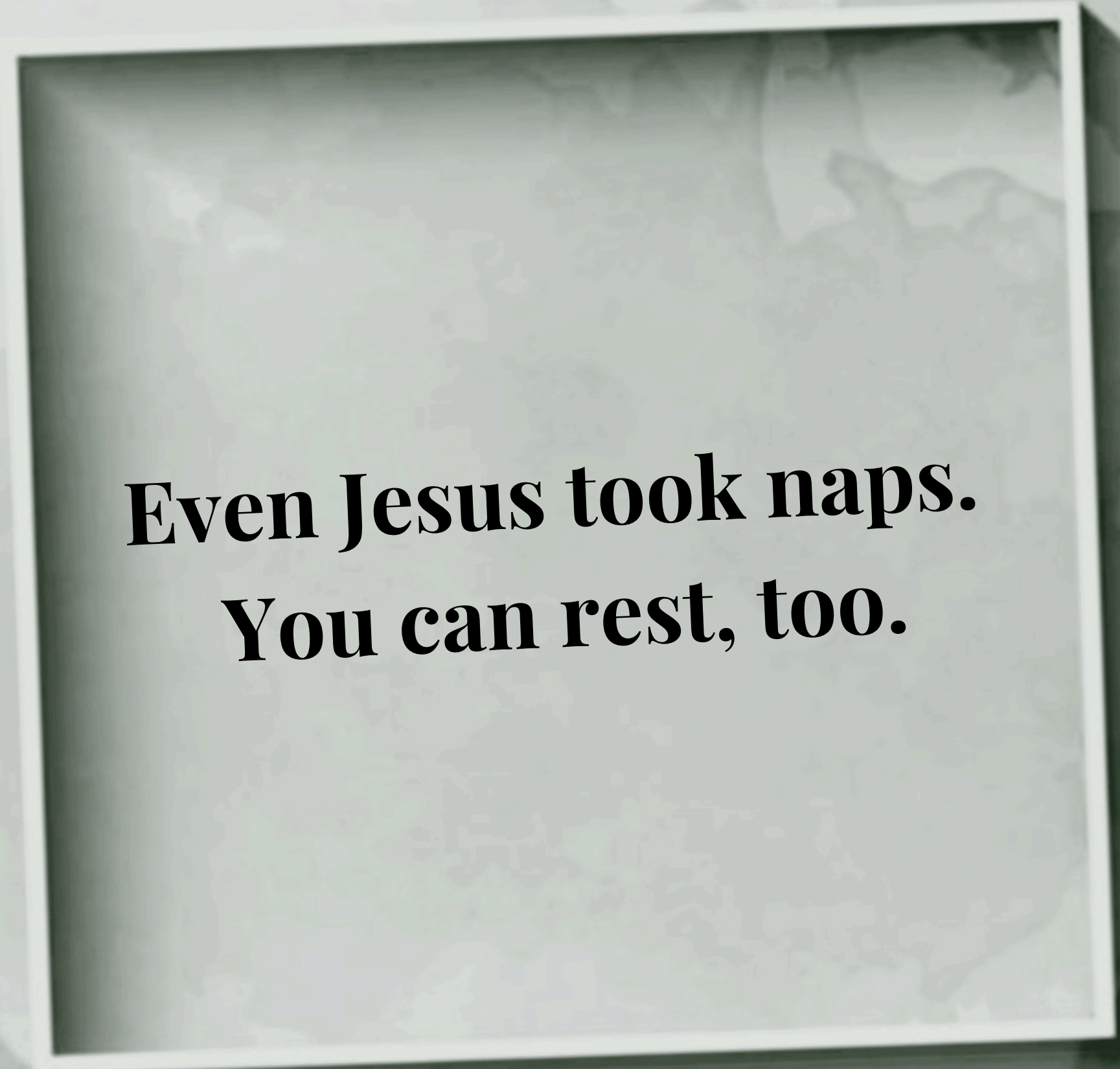
PRAY.

REST.

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A vintage, slightly faded photograph of a person lying down in a field, possibly sleeping. The photo is framed by a white border and is set against a background of soft, out-of-focus greenery and a white circular shape in the top left corner.

**Even Jesus took naps.  
You can rest, too.**

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

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



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God's plan for you!