

Examine My Heart

Do you resist stillness? Has busyness become a form of protection—keeping you from looking within? Maybe busyness feels like significance to you. Are you stuck in a cycle of striving for God’s promises, grace, and love when all he is asking you to do is rest in it? Ask God to reveal to your heart the things you are believing that keep you from entering his rest.

Allow God to Open My Heart to His View

I want you to pause and meditate closely on the words that poured from David’s heart above. They plot the course that leads to restoration and the plans I have made for you. Because of my great love for you, I created rest. I long to guide you to an oasis of peace far away from the distractions of life and beside still and quiet waters so that you can experience my heart and hear me whisper hope into your weary places. In the stillness is where your soul can be refreshed and restored. It is where I breathe life into the deadened places you never thought could be revived. Oh, the beautiful plans I have for you to enjoy. The path has already been carved by my grace and marked with your name. There is only one place you will discover it—only one place it is made visible. It will illuminate before you in the stillness of my presence. Come away with me and discover who you are meant to be!

Surrender to God’s Way

In this time of prayer pause and still your heart and mind so that you can soak in the restorative power of God’s presence. Give God the space and time to expose any limiting mindsets (things you speak or believe) and protective strategies (things you do) that are hindering you from entering his beautiful gift of rest. Break the power of any belief or strategy’s hold over you by asking God to forgive you for partnering with views and actions that don’t line up with his truth!

Pause, Sit and Soak In His Presence

Sit and soak in the beauty of what God revealed to your heart today. Grant yourself the freedom to visualize fully and creatively express the thoughts, impressions, or images that come to your mind in any format that is best for you. Write, draw, paint, or collage allowing the images and words to flow freely from your heart so that your eyes can capture hope for the journey.

