

MAKE ROOM *for* REST

A GUIDED REFLECTION ON
Rest, Presence & Trust

MATTHEW 11:28–30

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LAKESHIA R. WILLIAMS



Welcome



There are seasons when we recognize that we're tired.
And then there are seasons when we've been carrying so much
for so long that weariness has simply become part of the way we live.

We keep moving.
We keep showing up.
We keep handling what needs to be handled.

And sometimes, without realizing it,
we begin trying to carry life in our own strength.

But Jesus gives us another invitation:

"Come to me..."

— MATTHEW 11:28

Rest begins there.

This guide isn't simply an invitation to slow down, take a break,
or get more sleep. Those things can be necessary, but the rest
Jesus offers goes deeper.

It is an invitation to bring our weariness into His presence.
To open His Word when our minds are crowded.
To release what we've been trying to control.
To remember what God has already spoken when uncertainty
makes us restless.
And to trust Him with the things that will still be unfinished
when we close our journals and continue with our day.



Over these pages, we'll recognize where we've become weary,
release what we've been carrying, receive what God is speaking
through His Word, and return to His presence again and again.

 You don't have to rush through this guide.
 Read slowly.
 Write honestly.
 Sit with the Scriptures.

And when you feel the pressure to figure everything out,
remember the invitation that brought you here:

Come to Me.

There is rest in His presence.

Let's make room for it. 



BE STILL
AND KNOW
THAT I AM GOD.
PSALM 46:10





RECOGNIZE

Where Am I Weary?



Sometimes we don't realize how tired we've become
because we've learned how to function while weary.

We pray.

We work.

We care for others.

We handle responsibilities.

We keep moving.

And because we're still getting things done,
we assume we're okay.

But weariness doesn't always look like stopping.

Sometimes it looks like a mind that won't quiet down.

A heart carrying concerns we haven't surrendered.

A spirit that has become distracted or disconnected.

Or the constant feeling that there is always
one more thing we need to do.

Before Jesus said, *"I will give you rest,"*

He spoke directly to those who were weary and burdened.

He knew what they were carrying.

And He knows what you're carrying too.

You don't have to minimize it.

You don't have to solve it before coming to Him.

You simply have to *recognize* it.



“ Come to me,
all you who are weary
and burdened,
and I will give you rest. ”

— ♥ —
MATTHEW 11:28





PAUSE & *Reflect*



Take a moment before you write.
Ask God to help you see what you've been carrying
that you may have become accustomed to carrying.

1 Where do I feel weary right now?

2 What has been occupying most of my thoughts lately?

3 What am I carrying that I haven't fully brought to God?

4 Have I been resting in God's Word—
or mostly relying on my own strength to keep going?



You don't have to fix the weariness before you come.
Recognizing it may be the beginning of returning to Him.





RELEASE

You Were Never Meant to Carry It All



Sometimes the things that make us weary aren't the things we're doing.
They're the things we're carrying while we do them.

- 🕊 The unanswered question.
- 🕊 The outcome we're trying to control.
- 🕊 The person we're worried about.
- 🕊 The responsibility we don't know how to handle.
- 🕊 The prayer that hasn't been answered yet.
- 🕊 The future we're trying to figure out before we get there.

We carry these things into our mornings.

Into our work.

Into our conversations.

Into our quiet time with God.

And sometimes, even after we've prayed about them,
we pick them right back up.

But God's invitation to rest also requires *release*.

Not because the situation suddenly disappears.

Not because we stop caring.

And not because everything has been resolved.

We release because we've reached the end of what
belongs in our hands.



*“Cast all your anxiety on Him
because He cares for you.”*

— 1 PETER 5:7



There are things God has given us
the responsibility to do.

And there are things only God can do.

Rest begins to grow when we learn the difference.

You can pray about it without controlling it.

You can care about it without carrying it alone.

You can do what God has placed in your hands
and trust Him with what He has kept in His.



God isn't asking you to pretend the weight isn't heavy.
He's asking you to give the weight to Him.





PAUSE & Reflect



Release doesn't always happen once.
Sometimes we surrender something to God in the morning
and realize by afternoon that we've picked it right back up.
Return.
Release it again.
And every time your mind reaches for what you've already
placed in God's hands, let His Word remind you:
He cares for you.
You don't have to carry what you've already given to Him.



WHAT I'M RELEASING

Write the worries, burdens, people, situations, or outcomes
you are placing into God's hands right now.



PAUSE & REFLECT



- 1

What from my list above feels the heaviest right now?
- 2

What would it look like to truly release this to God?
- 3

What truth from God's Word can I hold on to instead of this worry?
- 4

How can I remind myself to keep giving it back to God when I catch myself picking it up again?



You don't have to carry it.
He cares for you.





MAKE ROOM



You've recognized what has made you weary.
You've named what you've been carrying.
You've begun placing those things
back into God's hands.

Now, don't rush to fill the space.



Be still.



Open His Word.



Sit in His presence.



Listen.



Because surrender isn't only about
what you release.

*It's also about making room
for what God wants to give you
in its place.*

-  **Peace** where there has been worry.
-  **Truth** where there has been uncertainty.
-  **Strength** where there has been weariness.
-  **His presence** where there has been striving.

You have released.

Now...

RECEIVE



“Be still, and know
that I am God.”

PSALM 46:10

RECEIVE

Rest in What God Has Said

When our minds are filled with worry, questions, responsibilities, and uncertainty, we often look for something that will make us feel settled again.

- 🌿 An answer.
- 🌿 A solution.
- 🌿 A change in circumstances.

Something that tells us everything is going to work out exactly the way we hope.

But sometimes God gives us something different.

His Word. 🌿

Before the answer comes, His Word is still true.

Before the situation changes, His character hasn't changed.

Before we understand what God is doing, we can rest in what we already know about who He is.

This is where rest becomes more than stopping.
It becomes *trust*.

“
Take my yoke upon you
and learn from me...
and you will find
rest for your souls.

MATTHEW 11:29

Notice the invitation:

Learn from Me.

RECEIVE

Let His Word Settle You

Rest isn't found only in getting away from everything. Sometimes rest is found by opening the Word of God and allowing His truth to quiet everything else.



When worry says:
What if?

God's Word reminds me:
He is with me.
I am not alone.



When fear says:
You have to
figure this out.

God's Word reminds me:
I can trust Him.
He sees what I can't see.



When weariness says:
You have
nothing left.

God's Word reminds me:
My strength
comes from Him.
He will sustain me.



When uncertainty says:
You need an
answer right now.

God's Word reminds me:
I can wait with Him.
His timing is good.

You may not receive every answer you're looking for today.

- But you can receive *truth* for today.
- You can receive *peace* for today.
- You can receive *strength* for today.

And sometimes, that is exactly the *rest* your soul needs.



PAUSE & REFLECT

What Does His Word Say?



Go back to your “What I’m Releasing” list on Page 6.
Choose one thing you wrote down.
Instead of trying to solve it, take it with you into God’s Word.

- 1

What am I bringing before God?

Write the worry, burden, question, situation, or uncertainty you chose.

- 2

What does God’s Word say?

Spend a few moments searching Scripture.
Don’t look only for a verse that tells you what you want to happen. Ask God to lead you to truth that reminds you who He is, what He has promised, and how you can trust Him here.

Scripture Reference:

Write the Scripture in your own hand:





Pause Here

Read the Scripture again.
Slowly.

What words or phrases are standing out to you?

Underline them in what you just wrote.
Don’t rush for an answer. Sit with His Word for a moment.





SIT WITH THE WORD

Let His Truth Become Your Rest



You've brought the burden before God.
You've opened His Word.
Now give yourself room to listen.

3 What does this Scripture reveal about God?

What does it remind you about His character,
His promises, His presence, or His faithfulness?



4 What is God reminding me
that I may have forgotten?



5 What truth can I rest in today?

You don't need to solve the entire situation.
Complete this sentence:

Today, I can rest knowing that God...





Before You Move On

Read your Scripture
one more time.

Slowly.

Take a moment to
sit quietly with God.



The situation may not have changed.
The answer may not have come.
There may still be things you don't understand.

*But you don't have to
carry them the same way.*

Let His Word be enough
for this moment.



RETURN

Come Back to His Presence

Rest isn't a place we visit once.

Life will continue.

Responsibilities will return.

New questions will come.

There will be days when your mind becomes crowded again
and moments when you realize you've picked back up
something you already surrendered.

*When that happens, you don't have to
begin again from the beginning.*

- Return to His presence.
- Return to His Word.
- Return to what you already know to be true.
- Return to the God who has been with you all along.

Jesus said:

**"Remain in me,
as I also remain in you."**

JOHN 15:4

There is something beautiful
about the word *remain*.

- It doesn't describe a hurried visit.
- It speaks of staying.
- Abiding.
- Continuing.

Making our home in the presence of God
instead of only running to Him when
we've reached our limit.

This is the rhythm we're learning:



RECOGNIZE

when your soul is
becoming weary.



RELEASE

what was never yours
to carry alone.



RECEIVE

truth from
God's Word.



RETURN

to His presence again
and again.

You will not do this perfectly.
You don't need to.

The invitation remains the same:

Come to Me.

- When you're tired—come.
- When you're uncertain—come.
- When you've picked the burden back up—come.
- When you need to remember what God said—come.
- And even when everything is going well...come.

Because the deepest rest isn't found in escaping our lives.

It's found in learning to remain with God in the middle of them.

PAUSE & REFLECT

My Return Rhythm

Rest doesn't require a perfect routine.

It begins with learning to recognize when your heart is drifting back toward striving—and knowing where to return when it does.

Take a moment to consider what returning to God can look like in your everyday life.

1 How do I know when I am beginning to carry things in my own strength again?

What do I notice in my thoughts, emotions, attitude, or relationship with God?

2 What helps me become present with God?

Think about the places, practices, or moments that help you quiet the noise and turn your attention toward Him.

3 What Scripture can I return to when I need rest?

Choose a verse or passage that reminds you who God is and helps your heart settle in His truth.

My Return Scripture:

4 What can returning to God's Word look like in this season of my life?

Not what you think you should do.
What is realistic, life-giving, and intentional for the season you're actually in?

My Return Rhythm

"Remain in me,
as I also remain in you."

JOHN 15:4

When I recognize that I'm becoming weary, I will...

When I realize I'm carrying something alone, I will...

When my mind needs truth, I will return to...

When I need rest, I will remember...

You don't have to wait until you're depleted to come back to God.

You don't have to wait until life becomes quiet.

You don't have to wait until you have more time.

When you're tired—come.

When you're uncertain—come.

When you've picked the burden back up—come.

And even when everything is going well...come.

Recognize. Release. Receive. Return.

And when you need to, begin again.



CLOSING PRAYER

A Prayer of Rest & Trust



Father,

Thank You for inviting me to come to You.

Thank You that I don't have to wait until I am completely exhausted, overwhelmed, or empty before I seek Your presence.

You see every burden I carry.

You know the thoughts that keep my mind busy,
the questions I don't have answers to,
the responsibilities in front of me,
and the things I have been trying to hold together
in my own strength.

Today, I give them back to You.

Help me recognize when I am becoming weary.

Help me release what was never mine to carry alone.

Teach me to receive Your truth instead of allowing
worry, fear, or uncertainty to have the loudest voice.

When I don't have an answer, remind me of what You have already said.

When circumstances haven't changed, help me remember that You have not changed.

When my mind begins to wander toward worry, bring me back to Your Word.

When I find myself striving again, remind me that I can return to You.

Teach me how to remain in Your presence—not only
when life feels heavy, but in the ordinary moments of my days.

May Your Word become a place where my mind settles.

May Your presence become familiar to me.

May trust replace the need to control.

And may I learn that resting in You doesn't mean
that everything around me has to become still.



*It means my soul can become still
because I know who You are.*



Thank You for being my refuge.

Thank You for carrying what I cannot.

Thank You for meeting me here.

I choose to rest in You.

In Jesus' name,

Amen.



*Be still,
and know
that I am
God.*

PSALM 46:10



KEEP RETURNING

You don't have to have everything figured out.
You don't have to wait until every responsibility is finished.
You don't have to wait until your mind is quiet,
your circumstances change, or the answer comes.

The invitation is still here.

Come to Me.

- ♥ Come when you're weary.
- ♥ Come when you're carrying too much.
- ♥ Come when you need truth.
- ♥ Come when you need peace.
- ♥ Come when you simply want to sit in His presence.

- 📖 Open His Word.
- ♥ Remember who He is.
- 🌿 Rest in what He has said.

And when life becomes loud again... *Return.*
When you find yourself carrying what you've already released... *Return.*
When worry begins speaking louder than truth... *Return.*
When you realize you've been moving in your own strength... *Return.*

♥ Not because you've failed.
But because you know where your rest is found.

Recognize.
Release.
Receive.
Return.

*And as many times as you need to—
Come back to Him.*

**“Come to me, all you who are weary
and burdened, and I will give you rest.”**

MATTHEW 11:28 ♥

*You don't have to carry everything into tomorrow.
Rest here. ♥*

♥ With grace,
Lakeshia R. Williams
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