

Resting in God

Are you willing to let God help you rest in this moment?

First, consider what burdens you are carrying around – those doubts, fears, obligations, worries that are weighing down your spirit from experiencing God’s rest.

As a gesture of prayer, asking God for release, write your burdens down on the pieces of paper provided. Your prayer might be a word, a name, a symbol. Then, place those burdens inside the cross on the floor before you.

As you do, focus on an image of God taking those burdens for you and carrying them for awhile, as you seek rest and peace.”