

## Mindful Meditation 21: Rest and Rejuvenation - God's Gift of Rest

*"Let us find solace in the words of Matthew 11:28:  
'Come to me, all who labor and are heavy laden, and I will give you rest.'"*



Hey there, Faithgineer!

In this Mindfulness Meditation, I invite you to join me in embracing God's divine invitation to rest, recognizing rest as an essential element in our well-being and spiritual journey.

**Let's start this Mindfulness Meditation by finding a comfortable place where you can be undisturbed during our time together.**

Bring your Bible, favorite pen, and #FaithFocusFlow notebook for any insights that come up for you during our time together in meditation.

[Click here to listen to the meditation audio.](#)

**Let's now take a few slow and easy breaths.**

*Inhale simplicity;  
exhale busyness.*

*Breathe in, flow;  
Breathe out, grind.*

Now that you are more centered than you were before, let's journey together through dimensions of rest.

## **Let's Visualize the Actions of Completing and Resting**

See yourself finishing a project successfully or reaching a milestone. Give yourself virtual space to feel the satisfaction of completion or accomplishment. See yourself allowing yourself time and space to rest, rather than immediately jumping to the next project or task.

Envision that rest is an essential part of your daily activities, being integrated into everything you do at work, at home, and at play.

## **Visualize Rest as Essential to Your Life, Not Optional**

Picture living your life in a way that prioritizes rest; making it not a luxury, but instead a necessity.

See yourself living and moving about your day, integrating rest as a necessary component of your day that is essential to your well-being and effectiveness.

## **Visualize Renewing Your Mind through Rest**

Imagine rest being a powerful source of renewal in your life.

See your mind and spirit rejuvenated, prepared, ready, and excited about new opportunities to live out your calling - while feeling totally refreshed because you've taken time to nap as needed, sleep well through the night, and be energized through massage, acupuncture, meditation, or anything that brings you peace and soothes your soul.

See yourself rested, restored, renewed, and re-energized.

## **See Rest as Revolutionary**

Envision rest as a revolutionary act. In a world that constantly demands more, see yourself taking a bold stand in the marketplace by choosing rest and not overworking.

See others in your industry following your lead, transforming the working environment in your marketplace - step-by-step and day-by-day, making the earth more like it is in heaven.

### **Visualize Honoring God Through Rest**

See yourself trusting God by allowing yourself to rest once the day is done. See this trust as just one of the ways you honor God through your faith in action.

See resting as an important part of your faith and a demonstration to those who follow you that you honor our God, the One who created the world and everything in it.

See for yourself as a model for people who are influenced by your Work that taking time to rest acknowledges God's design for a balanced life - as modeled by making the world in six days, seeing that it was good, and resting on the seventh day.

### **Envision Your Testimony Amplified By Your Rest**

Picture rest being an important part of your testimony because through resting, you demonstrate trust in God's timing and providence, showing others the strength found in work, rest, and patience.

As we wind down this Mindfulness Meditation and our time together, carry with you the peace that flows from trusting God enough to work and then rest.

Know that, in rest, we find strength, renewal, and a deeper connection with God through our faith in His providence.

May your journey through life and the marketplace be enriched with restful pauses that rejuvenate, renew, and inspire.

Amen.