

# Revive Week 12 Devotional: Rest

This week marks 100 days in quarantine...Since we are living through unprecedented times, we may not always be aware of how changes from the past 3 months could have changed our lives, positively or negatively. Let's take some time to have God search our hearts, be self-aware, and take time for self-care.

**On a scale from 1-10, how tired are you? (10 being extremely tired)**

1    2    3    4    5    6    7    8    9    10

**On a scale from 1-10, how would you rate your life, joy-wise? (10 being extremely joy-filled)**

1    2    3    4    5    6    7    8    9    10

**What does your heart symbolically look like?**

-What color is your heart? ...Why?

-What's the weight of your heart? ...Why?

-What rate is your heart beating at? ...Why?

**List some things that give you joy in life? ...Try and do more of that this week!**

**Now meditate and soak in the following verses:**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Matthew 11:28

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

**What are some words, concepts, or truths that stick out to you?**

**What are the concepts that you struggle with?**

May you feel the Lord's warm embrace as you rest and soak in his presence! And He said, "My presence shall go with you, and I will give you rest. Exodus 33:14