

A Prayer for the Courage to Rest

Jesus,

The fear is real.

This fear of stopping of putting aside the to-do list and just being.

As the busy mom embraces the unique rhythm you wove into the very fabric of creation, help her to resist the urge to get just one more thing done. And instead, trust your provision and your character of faithfulness.

May she experience your joy in her week as a whole, both the days of work and the day of rest. May she feel you near as she welcomes the Sabbath.

Bless the work she finished.

Bless the work she left undone.

Bless the rest she is entering into.

In this time set aside and named holy, in this space of rest, meet her with a refueling and a refreshment for her soul.

Amen.

Reflect on which part of this prayer spoke most to you:

