

I Will Give You Rest

Oasis: A Self-Guided Time of Prayer

July 2 2015

Come to me all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

For my yoke is easy, and my burden is light.

Matthew 11:28-30

Pick up your rock and feel the weight of it in your hand. Ask God to show where you have held onto heavy burdens, anxieties, and circumstances. Take as much time as you need.

Picture these burdens in your hands. Feel the weight of the rock and the labor of each day. The baggage. Clench this rock as if to hold onto them.

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on Him, because He cares for you.

1 Peter 5:6-7

As you feel comfortable, lay down your rock beneath the cross, letting go of your burdens, anxieties, and attempts at control. Invite God to take on these burdens as He fills you with His peace.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Lord, today I lay down these areas in my life that I have tried for so long to hold onto, take them as I shift my grip to Your promise that You will give me rest and peace. I give you all of my anxieties and burdens and trust in Your Spirit to give me rest. Fill me with Your peace, love and grace. Amen.

Feel the burdens lifting and receive God's peace, love, and grace into your life.

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

John 14:27