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BY TIFFANY FRANCOIS

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RESTING IN



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Matthew
11:28-30



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Resting In Grace

UNDERSTANDING GRACE



Grace is God's unearned, unmerited favor. It is the love and mercy God shows us, despite our flaws (**Ephesians 2:8-9**).

- *Grace means that we are accepted by God, not because of anything we've done, but because of His love for us (Romans 5:8).*

FULL OF OPPORTUNITIES

THINGS YOU WANT

Resting In Grace

Pretty Girls Pray

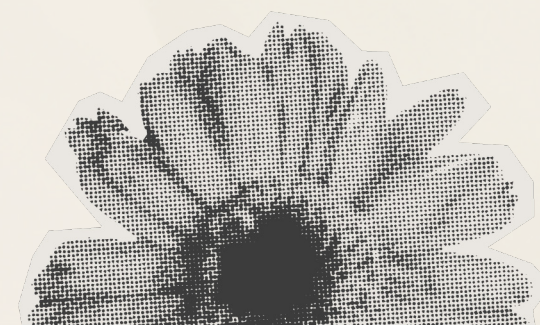


REST

relief or freedom,
especially from anything
that wearies, troubles, or
disturbs.

Resting in Grace

Resting in grace is allowing God's love,
forgiveness, and peace to be the foundation of
our lives. It means trusting that God's grace is
sufficient, and we don't need to strive for
perfection or live under guilt
(Matthew 11:28-30).



LONGEST JOURNALS
WITH A SINGLE STEP

SR

Resting In Grace

Pretty Girls Pray

BIBLICAL EXAMPLE

THE SABBATH REST

God rested on the seventh day after creating the world, setting an example for us to take time to rest. This is not just physical rest, but a spiritual rest, recognizing that everything is in God's hands. Resting is an act of trust in God's provision and sovereignty.

JESUS' INVITATION TO REST

Jesus calls us to come to Him for rest. He promises to give us rest for our souls when we are weary and burdened. This rest comes from accepting God's grace and trusting in His care.

THE PRODIGAL SON

In the parable, the father offers grace to his son who had wandered far away. When the son returns, the father welcomes him without condemnation, representing the grace God offers to all of us, no matter how far we've fallen. Resting in grace means accepting that we are always loved and welcomed back by God, no matter our mistakes.



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WHY WE STRUGGLE TO REST

Perfectionism

We often feel like we need to be perfect in order to receive God's love. Grace, however, is not about perfection; it's about God's unconditional love (Romans 5:6-8).

Self Sufficiency

We may believe we need to rely on our own strength, but grace teaches us that we can't do it alone. Resting in grace means acknowledging our dependence on God (2 Corinthians 12:9-10).

Guilt & Shame

We may struggle with accepting God's forgiveness because of guilt over past mistakes. But God's grace covers all sin (1 John 1:9). Jesus' sacrifice frees us from guilt and shame, allowing us to rest in His forgiveness.



4 SCRIPTURES TO HELP YOU REST IN GRACE

- **Ephesians 2:8–9:**

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”

Grace saves us, not by our works or effort, but by God’s gift. We can rest knowing we don’t have to earn salvation.



- **Romans 8:1:**

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

Grace removes condemnation. Resting in grace means we no longer live in fear of judgment because of our flaws.

- **2 Corinthians 12:9:**

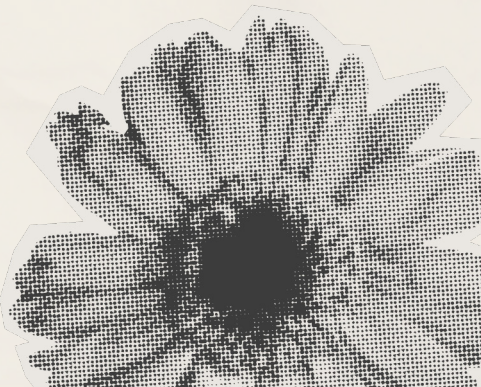
“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

Grace is sufficient in our weakness. We don’t have to be strong or perfect to receive God’s power and rest in Him.

- **Hebrews 4:9–10:**

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from His.”

Rest in grace involves ceasing from striving and trusting that God’s work is enough for us.



HOW TO REST IN GODS GRACE

- **Let Go of Control:**

Recognize that you can't control everything. Surrender your fears, burdens, and efforts to God (1 Peter 5:7). Trust that He is in control.

- **Trust in God's Timing:**

Resting in grace means trusting that God's plan for your life is perfect, even when things don't happen as quickly as you would like (Isaiah 40:31).

- **Practice Sabbath Rest:**

Take time for physical and spiritual rest. Use time to reflect on God's goodness and renew your spirit (Mark 6:31).



LIVING IN THE FREEDOM OF GRACE

- **Grace Frees Us from Legalism:**

Legalism demands perfection and obedience for approval. Grace frees us from the burden of perfection and allows us to live in peace, knowing we are loved by God despite our imperfections (Galatians 5:1).

- **Grace Empowers Us to Live Out Our Purpose:**

God's grace isn't just for rest; it empowers us to live boldly for His Kingdom. Grace equips us to serve others, not from obligation, but out of love (Romans 12:6-8).

- **Grace Brings Peace:**

Resting in grace results in inner peace. We can live with joy and confidence, knowing that God's grace is always with us (Philippians 4:6-7).

- **Resting in grace is about letting go of the pressure to be perfect and simply trusting in God's love, forgiveness, and sufficiency.**

It's about embracing the truth that God's grace covers our weaknesses and gives us peace and rest for our souls. As we rest in grace, we experience freedom, healing, and renewed strength to live the life God has called us to.



QUESTIONS:

WHAT AREAS OF YOUR LIFE ARE YOU STRUGGLING TO REST IN?

HOW CAN YOU PRACTICE RESTING IN GRACE?

