



FIND REST

*A women's devotional for lasting
peace in a busy life*

Best-Selling Author of For Women Only

SHAUNTI FELDHAHN

Foreword by
Nancy DeMoss Wolgemuth





To:

From:

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Foreword



Overcommitted and overwhelmed.

Hurried and harried.

Racing at warp speed and running on empty.

Out of breath and on edge.

Can't keep up and can't slow down.

Expend ed and exhausted.

Wrung out and worn out.

Depleted and defeated.

Stretched and stressed.

Anxious and restless.

Sound familiar?

This is what I often sense when I look into the eyes and hearts of my Christian sisters.




All too often, it's what I see when I slow down long enough to consider what's going on in my own soul.


And based on what Shaunti has written in these sixty short devotional readings, I'd say she's no stranger to this same breathless-on-the-treadmill-of-life sort of experience.

Yet she understands, and she wants us to understand, that the gospel (and this is Good News indeed) calls us to another way.

God's Word promises us green pastures and still waters, times of refreshing rivers of living water flowing from within.

So from one needy pilgrim to another, I invite you to push pause, step into these pages, let your mind be renewed, and let your racing heart slow down.





Mostly I invite you come to Christ. And in Him, find:


*Grace and gratitude.
Contentment and courage.
Peace and perspective.
Dependence and delight.
Trust and thriving.
Strength and sanity.
A slower pulse and steady praise.
Worship and wonder.
Restoration and refreshing.
In a word, rest.*

*Our Savior beckons to you and to me:
“Stand by the roads, and look,
and ask for the ancient paths,
where the good way is; and walk in it,
and find rest for your souls.”*

— Jeremiah 6:16

Stop your running, He says. Stand still. Look at the way you're heading. Ask for directions to a new and different place (actually an ancient place). Walk in that good way—His way, the paths walked by those who have gone before us. Find rest for your soul.

— Nancy DeMoss Wolgemuth





Day 1

Thus says the LORD: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls."

— Jeremiah 6:16, ESV

Finding Your Good Way

When I moved to New York City in 1994, I spent a lot of time on the subway. Always busy, I enjoyed speeding under the gridlocked traffic to quickly reach my destination. Most of Manhattan is laid out in a clear grid pattern with numbered streets, so getting around is easy.

As long as you know where you are, you know exactly where to go. I'm at 32nd and Park, so I just need to head north two blocks and turn right on 34th street.

There is just one hitch: When you come off the subway at an unfamiliar stop, how do you know where you are? Surrounded by tall buildings, you have no sense of direction.

In those days, there was an easy solution: we would turn in a circle until we spotted the Twin Towers, which were clearly visible at the southern tip of Manhattan. We knew that was south, so we could use that landmark to determine where we were and where to go. We based our sense of direction on the Twin Towers because they were fixed and unmoving.

Until they weren't. On September 11, 2001, every New Yorker—and



every person on the planet, really—saw the truth that all man-made things are temporary.

In our crazy, modern lives, each of us is looking for direction: how do we get to that life of peace and joy we want, rather than the stressed and frazzled life we have? All too often, we base our decisions on things that loom large in our eyes—convenience, the advice of friends, whether it avoids pain or brings pleasure. But those factors are a fickle guide.

We are stressed and frazzled because we have followed temporary directional signals that do not lead to peace (the “good way,” as the prophet Jeremiah put it).

Jesus quoted the prophet Jeremiah when he said there is only one way to find that good way: taking on His yoke and learning from Him. (Matthew 11:29).

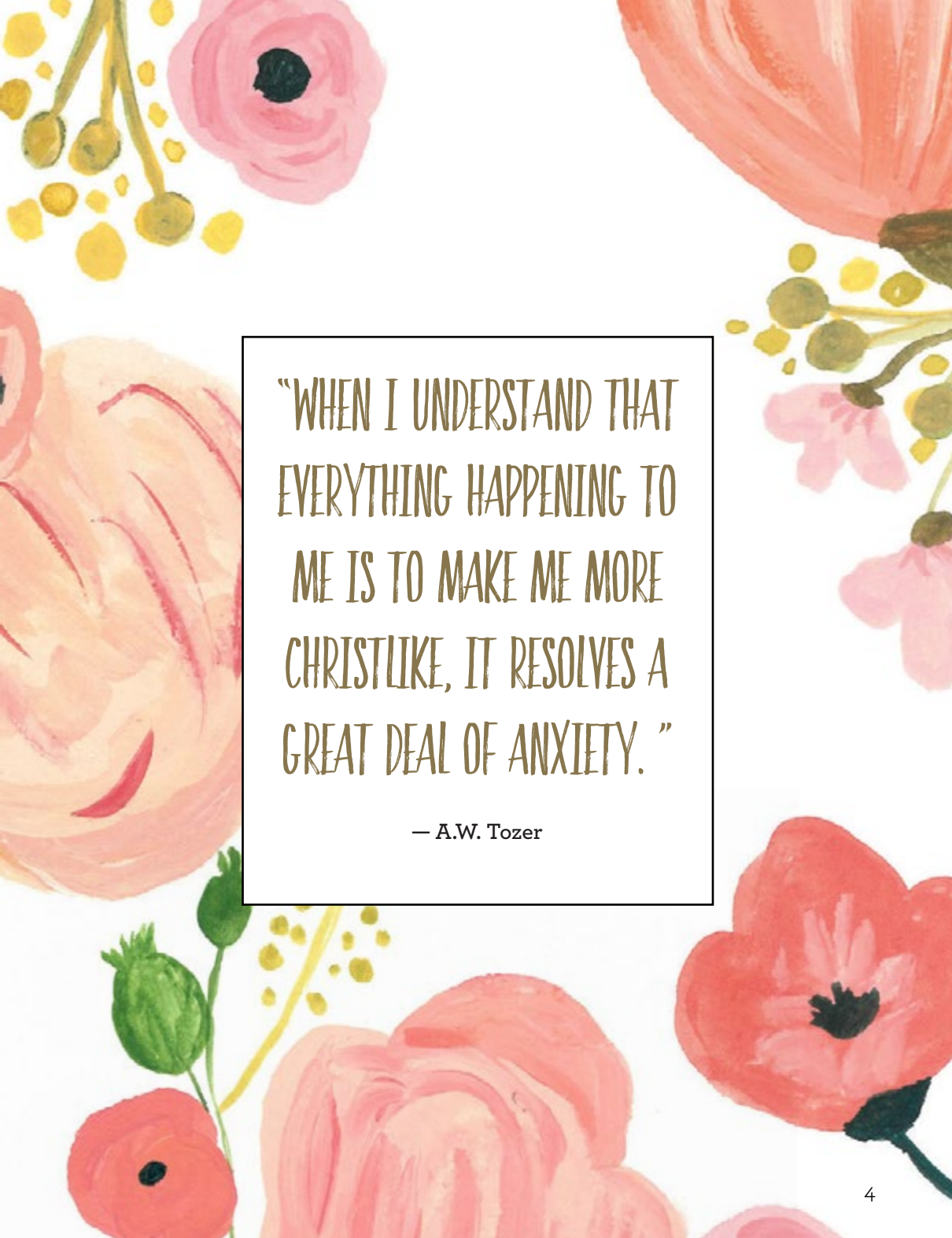
We must stop looking to temporary signals for a sense of direction. We must look to the One who both never changes and is gentle with our human, frazzled state. As we will see on Day 2, His yoke (guiding force) will never pull us astray.

Reflect

Think of a decision (small or large) that is causing you stress, that you need to make in the coming days. What temporary things might you be looking to for a sense of direction? (For example, the path of least resistance at the moment, or what your colleagues are suggesting you do...) What unchanging truth can you look to instead?



Notes



"WHEN I UNDERSTAND THAT
EVERYTHING HAPPENING TO
ME IS TO MAKE ME MORE
CHRISTLIKE, IT RESOLVES A
GREAT DEAL OF ANXIETY. "

— A.W. Tozer



Day 2

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

— Matthew 11:28-29, NIV

His Yoke Is Custom-Fit for You

When my children were small, money was very tight. The local annual consignment sales were a lifesaver for inexpensively outfitting two quickly-growing kids. I generally bought a size or two ahead so the kids had room to grow for the next year.

I thought the kids looked adorable in their oversized shirts and rolled-up jeans, but they were definitely not custom fit! I was asking them to live, play, and work in clothes that were not tailored to them in any way.

God is not like that. When Jesus says that a key way to find rest is to “Take my yoke upon you,” He is gently rebuking us for taking on burdens that we were not meant to carry, and telling us to instead take on those purposes that He has created just for us.

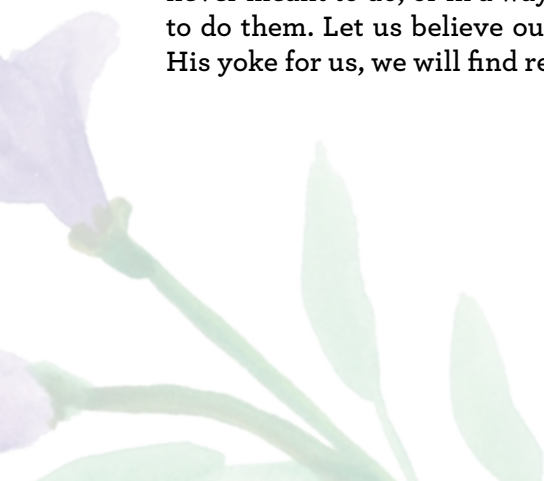
A yoke is a device that hitches over the shoulders of a working animal (or team of animals) so they can comfortably pull something heavy, such as a plow. Since every animal is a different size and shape, a caring farmer carefully custom fits a yoke to each beast. This allows the ox or horse or donkey to work well when he is called upon, without getting exhausted, being ineffective from pulling at a wrong angle, or getting chafed and sore.



The farmer is also careful not to give a young animal a yoke that is too large. Instead, at every stage of growth, the farmer remeasures the beasts under his care and creates a new yoke. The animal is called to a particular purpose, and he is outfitted for it.

Imagine the difficulty if one animal were to take on the yoke that was designed for another. The ground might get plowed, but oh the pain and strain and heaviness! Oh, the open sores on a weary back! After days and months of this, wouldn't the animal eventually shy away from the good work of the day?

So often, we are weary and burdened not because of long hours or having too much to do, but because we are taking on things we were never meant to do, or in a way or during a time we were never meant to do them. Let us believe our Lord's promise that when we take up His yoke for us, we will find rest.

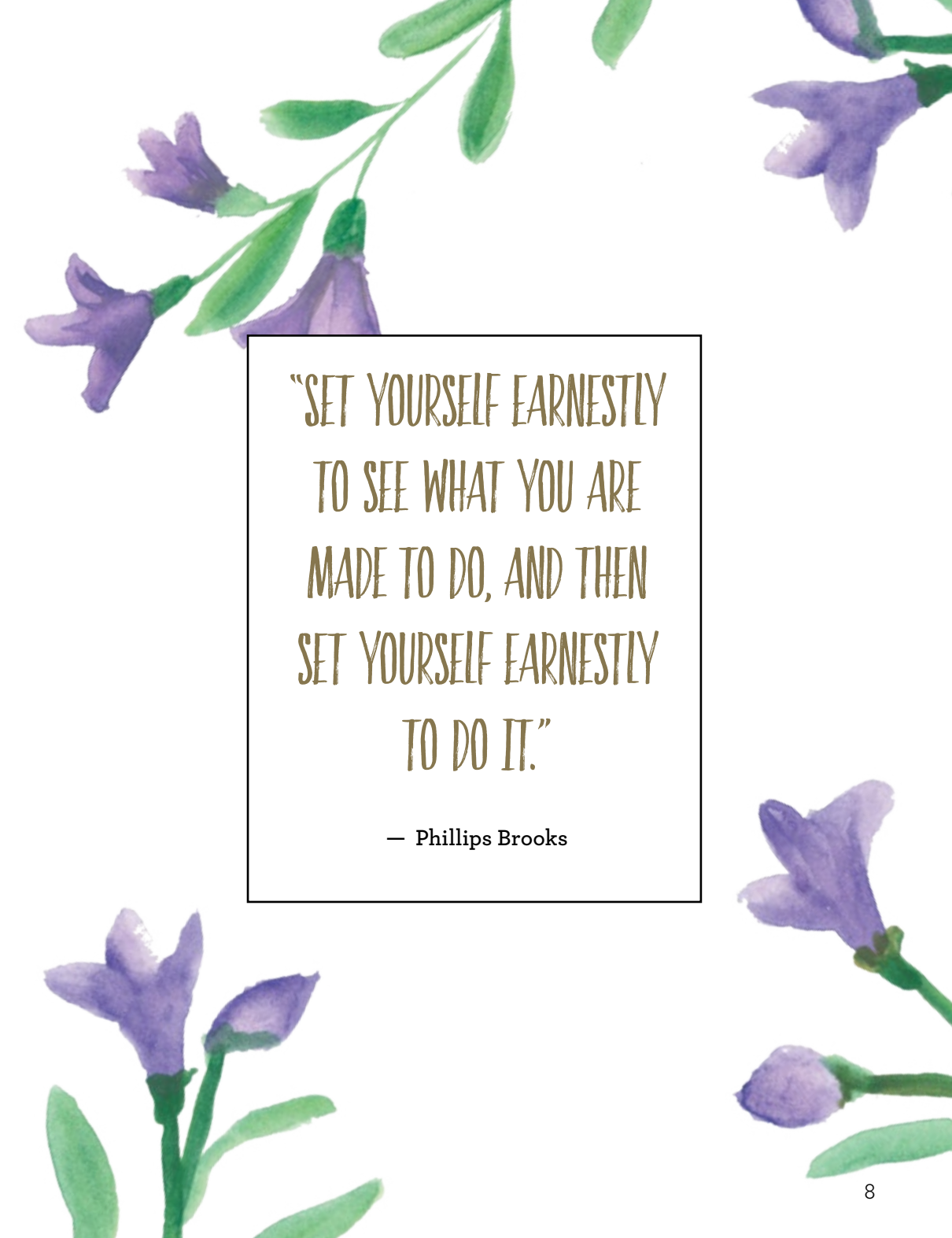


Reflect

What are you taking on that may not be God's fit or design for you? How can you set that aside and avoid that temptation in the future?



Notes



“SET YOURSELF EARNESTLY
TO SEE WHAT YOU ARE
MADE TO DO, AND THEN
SET YOURSELF EARNESTLY
TO DO IT.”

— Phillips Brooks



A 60 day devotional journey to find true rest

Whether you are a mom of littles, a corporate executive, an involved volunteer, a student, or anything in between, you are busy. From the moment you wake up until you fall into bed, you are on the go-go-go: multitasking, taking care of others, driving car pool, running errands, filling out paperwork, managing your to-do list. On the run 24/7. Women in today's do-it-all world have more to juggle than at any other time in history. It is easy to become emotionally, physically, and spiritually exhausted. But it doesn't have to be that way.

God created you to find rest, and this devotional will take you there. It is more than just a daily pause for prayer and encouragement—it is a day-by-day journey of simple, eye-opening moments that lead you from frazzled and frenzied to abundant peace and joy. Even in the midst of the whirlwind.

Shaunti Feldhahn is a wife, mom, Harvard graduate, and former Wall Street analyst who unexpectedly became a social researcher, best-selling author, and sought-after speaker. Shaunti's books include *For Women Only*, *For Men Only*, *The Male Factor*, *The Kindness Challenge* and *Surprising Secrets of Highly Happy Marriages*, which have sold more than two million copies in twenty-four languages.

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