



# REST

JANUARY

1-14

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# Day 1

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Rest (v.) : cease work or movement in order to relax, refresh oneself, or recover strength.

Why should we make a point to rest?

When do you rest?

When do you truly take an amount of time to make it only about your spiritual rejuvenation...your oneness with God...your oneness with who God as ALWAYS designed for you to be. Even when you were at a place that you didn't feel like He could even have been thinking of you. He was and you were proudly His then too.

Does the mighty bear rest? Yes. When I think of hibernation I always imagine a huge bear sleeping so soundly in a cave.

Do the bees rest? Yes. Their entire existence allows US all to exist. I am sure they should think to keep going non-stop would be better than actually taking a break. Right?...Wrong. The magical bees rest.

Do plants rest? Yes. They stop creating and live off of stored food until it is time to wake.

Did God rest? Yes. Is your work greater or more important than His? If you are acting as if this is so, then you are most likely not in alignment with His will. Since your purpose is one with His, your rest should abide in His also.

Your rest is not an option, it is inevitable. Whether you are forced by exhaustion or you take time to care of yourself in wisdom. Allowing your spirit to be still and connect with the one who loves you the most.

Let us rest.

*Meditate:* For 10 minutes, go within. God's spirit lives in you so there is no better place to find who you are and what you need for these next 14 days.

*Bible Verse:*

**Genesis 2:2-3**

2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation..



# Day 2

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Why 14 Days?

7 is the symbol of completion, spiritual completion.

14 is a double measure of this completion. What could be better?

In this period of rest, true dedication is key. Don't half do it. Or you will only get half results.

Commit. Commit with your whole heart, mind, spirit.

Commit to this period of rest as if you KNOW only what you've always ever wanted with God, you WILL receive.

Times two!

Multiplied goodness that will ONLY be goodness for you in every way.

*Meditate:* Spend time communing with God, tell him your true desire for your relationship with Him. If you don't know, ask what relationship he wants with YOU.

*Bible Verse:* **Proverbs 16:3**  
Commit your actions to the Lord, and your plans will succeed.



# Day 3

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What were you most proud of last year?

What is one thing you accomplished?

How did you accomplish it?

Big or small.

It could have been finishing a great book...Starting a new job...Having a baby...Getting married...Committing to spiritual improvement...Loving yourself more.

Write (or type) down details. Allow yourself to experience the joy again.

*Meditate:* I am capable of accomplishing big and small things.  
My power lies within and what is within can always come out and change the world around me..

*Bible Verse:*

## **Ecclesiastes 3:1,4**

For everything there is a season, a time for every activity under heaven.  
A time to cry and a time to laugh. A time to grieve and a time to dance.



# Day 4

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This one might be a bit more difficult. But it's worth it! Do some digging.

What is your biggest insecurity?

How does it affect your life?

What is the truth? Are you magnifying this insecurity because of the power you give it?

## Example

Lie: I am not worthy of love.

My Action: I choose those that don't show love to me.

Truth: I am worthy of love no matter the lies I have been told/believed through actions/words.

I am no less than anyone else and I should love myself first so that I can love others that much more perfectly.

*Meditate:* Repeat this truth to yourself multiple times during the day. Meditate on the truth and love that God gives freely.

## *Bible Verse:*

### **1 Corinthians 13:6**

Love does not rejoice about injustice but rejoices whenever the truth wins out.



# Day 5

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What is your dream?

The dream you are scared to admit.

Do you want to be an astronaut?

Do you want to own your own jet?

Do you want to travel the world and live as a nomad?

Or own your own million dollar business? (This is me, totally me.)

Reflect on this dream.

Why do you dream of it?

What is God trying to tell you about yourself?

When **will** this dream become a reality? (Because it WILL)

What are 3 things that you can do now to build towards this dream?

*Meditate:* Remember dreams are desires of your heart. True desires come from God. Think on why God wants this dream for you. If you don't know your dream meditate on the true dream that you were created to manifest.

*Bible Verse:*

**Proverbs 4:23**

Guard your heart above all else, for it determines the course of your life.



# Day 6

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What do you fear?

Hibernation can be dark.

Walking through the darkness of your fear will lead you to the light of truth.

First, the earth was dark but as God created, light was made.

In this same way create light in your life by releasing irrational fears.

"For every fear there is an empty grave." (Powerful right? Thank you Elevation Worship :))

Again, what do you fear?

Search and ask God why it is irrational.

Ask God for His truth.

*Meditate:* Think about the truth that God revealed to you all day. Write this truth down. Multiple times if needed. Let it permeate through your entire being and consciousness.

*Bible Verse:*

**Psalm 23:4**

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.



# Day 7

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Who are you jealous of?

Being jealous is something we deny but it is OH SO REAL!

Jealousy is natural. There is nothing wrong with being jealous.

But in how you see jealousy is the key to freedom from it.

Jealousy is an indicator that someone is doing something that you want to do...

Has something that you want..

Is living a part of their lives in a way that you would like to live yours.

So who is this mysterious person? Not necessarily one person but maybe it's a type of person.

What is this telling you about yourself?

What are you called to that you haven't considered is possible for you?

*Meditate:* What can and will you do? Create an "I can..." statement. "I can... and I will..." Think on this all day.

*Bible Verse:*

**Philippians 3:14**

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.





# Day 8

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What would you like to begin? Or begin...again?

What in your life needs a reset button pushed to give it a fresh start?

It could be your marriage.

Your idea of motherhood.

What about a friendship?

What in your life is dying?

Is it you?

Do you need a reset?

How can this reset occur?

Throw all the baggage away and see yourself in the light in which God sees you. In the way that God sees your situation. How can you look at it with fresh eyes? With God's eyes...

*Meditate:* What should you begin again? Think about how God wants you to do this. What you should say or not say and what actions you should take to make sure you're following God's plan for your life.

*Bible Verse:*

## **Ephesians 4:23**

Instead, let the Spirit renew your thoughts and attitudes.



# Day 9

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Who do you love?

How are you showing this love?

Are you showing it in a way that he/she needs love? Or are you showing them love how YOU need love?

How effective has it been?

This includes everyone in your life.

Your spouse.

Your friend.

Your child.

Your co-worker.

Your church member.

If you ask, God will give you his eyes of love and see the love that people need without them even telling you. (I have been here and it is real!)

*Meditate:* Choose one person. Ask God to show you how they need love. Think on how you can implement this starting today.

*Bible Verse:* **1 Corinthians 13:3**

If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing.



# Day 10

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What is a hurt that...still hurts?

Like hurts when you think of it and you feel pain in your chest kind of hurt.

Even after 5, 10, 15 years...

Isolate this one thing.

My sister recently told me she learned that our memories come from the same place that our imagination comes from.

This may hurt us because what we remember might not actually be the entire truth.

The pain that we feel might be magnified.

Our hurt is surely justified, also in knowing this, we know that the power exists that we can diminish the "hurt's" power to nothing. Absolutely NOTHING. God freely gives you this power. Just trust that it is there. Have true faith. This is the only way this God-given power is activated.

*Meditate:* I will start today to heal the hurt. I am not alone. God's spirit is always with me. His power, he freely gives as long as I trust that He **truly** loves me.

*Bible Verse:*

## **Ephesians 3:20**

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.



# Day 11

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What makes you happy?

Like really happy?

How can you do this thing today?

Preferably something small like eating your favorite piece of candy. Singing and dancing along to your favorite song. (Beyonce' ranks high on my list.)

But if you want to, go all out!

Go get a pedicure!

Book a stay at a hotel :)

Even start a travel plan to Disney!

Remember that life is meant to be enjoyed. God did not create you to be miserable for 80 plus years. He created you to live abundantly as you abide in His spirit. **DO THIS!** Live how you were created to live.

*Meditate:* My life was created to be enjoyed. I will enjoy my life.

*Bible Verse:*

**Romans 15:13**

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.



# Day 12

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**Anxiety: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome**

Most of us struggle with this even if we don't name it as "anxiety".

What is something that triggers this feeling in you?

What makes your chest "tight"?

Gives you a headache?

What immediately makes you feel fearful?

Feel unloved?

Feel unappreciated?

Feel uncomfortable?

Just one thing. Figure out a plan to eliminate it having this effect on your emotions. On your hormones?

What can you do to up your dopamine level?

Light a candle?

Open a window?

Clean your room?

Go for a quick drive?

**Make a plan for when this anxiety might raise up and do things to circumvent its effect on your spirit.**

*Meditate:* I can control my anxiety. I have the power. God has given me this power to create peace in my life.

*Bible Verse:*

## **Philippians 4: 6-9**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.



# Day 13

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What is one thing that you feel guilty about?

Guilt is one of the lowest forms of emotions.

I cringe when people in spiritual authority focus on guilt and shame, which is the opposite of what God wants us to do.

Focus on truth so that you can grow covered in love, YES!

Focus on your guilt and shame, NO!

God knows that this focusing on guilt and shame will only deplete us and goes against what He desires for our lives.

Throw this guilt away! Far away so that it is not a part of you anymore.

The only thing that should be a part of you is power, love and a sound mind.

*Meditate:* I will not feel guilt. I feel freedom that God gives me. I receive this by being guided by His spirit. The guilt I feel is a lie. A stronghold to keep me low when all God desires of me is to feel high in Him. I will only live in truth.

## *Bible Verse:*

### **Psalm 103: 11-12**

For his unfailing love toward those who fear him is as great as the height of the heavens above the earth.  
He has removed our sins as far from the east as the west.



# Day 14

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What makes you feel alive?

Who makes you feel alive?

Share this with your loved one or do this thing with a person/people you love.

It could be a phone call to share a memory of laughter.

It could be eating a yummy meal.

It could be going to the movies.

Enjoy your life.

Be spontaneous.

Remember, again, that human life is meant to be enjoyed. We get caught up in the mundane and forget the joy of life that is given everyday with those that we love.

*Meditate:* "I should enjoy life with people that I love." Repeat this all day long. It is truth and it will only bring you love and light.

*Bible Verse:*

**Philippians 4:4a**

Always be full of joy in the Lord. I say it again—rejoice

