JANUARY 3: REST WITHOUT GUILT

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DAILY DEVOTIONAL: VERSE OF THE DAY

01. INTRODUCTION

Have you ever felt guilty for resting? Like if you slow down, take a break, or say no, you're somehow being lazy, unspiritual, or irresponsible? Many of us don't know how to rest without feeling bad about it.

02 VERSE OF THE DAY: MARK 2:27

Jesus said to them, 'The Sabbath was made for man, and not man for the Sabbath.

03 THREE THINGS TO MEDITATE (CHEW ON THESE):

WHAT THIS PASSAGE IS REALLY SAYING
Jesus is reminding us that God's commands were never meant to crush us. They were designed to serve us. Rest was not created as a burden to manage, but as a gift to receive. God cares deeply about our well-being, not just our obedience.

A LIE THIS VERSE SHATTERS
The lie is: "God is pleased when I run myself into the ground."
Jesus reveals the truth that God is not impressed by exhaustion. He is not honored by burnout. Rest is not a sign of weakness; it's a sign of trust.

PICTURE THIS...
Think about how tools work. A hammer is incredibly useful, but only when used for its intended purpose. Try using it nonstop without ever putting it down, and it becomes ineffective. In the same way, God never designed us to operate without rest. Sabbath is God's way of saying, "Pause. This life was not meant to break you."

04. ONE WORD TO NOTICE

"Made" - Jesus says the Sabbath was made for man. That means rest is intentional, not accidental. God designed it on purpose, knowing our limits. Rest is woven into creation itself. Ignoring it doesn't make us strong; it makes us weak.

05. MORE THINGS TO MEDITATE ON DAY AND NIGHT:

WHY THIS MATTERS TODAY:
We live in a world that celebrates being busy and praises nonstop productivity. Slowing down can feel like falling behind. This verse matters today because it reminds us that God values our health, joy, and wholeness more than our constant activity. Rest is not slacking. It's obedience.

A QUESTION TO "CHEW ON" / MEDITATE TONIGHT:
As you wind down tonight, ask yourself honestly:
Where might I be resisting rest because I feel like I always have to do more?

PRAY ALOUD: **God, I receive your gift of rest. I trust you even when I stop.**