

Selection of Scriptures: Rest

Isaiah 30:15: This is what the Sovereign Lord, the Holy One of Israel says: “Only in returning to me and resting will you be saved. In quietness and trust is your strength, but you would have none of it.

Psalms 91:1-2: Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord; He alone is my refuge, my place of safety; he is my God, and I trust him.

Psalms 46:10: Be still and know that I am God.

Psalms 4:8: In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.

Psalms 23:2-3: He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake.

Psalms 37:7: Be still before the LORD and wait patiently for him.

Psalms 62:1-2: My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.

Jeremiah 6:16: 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.”

Luke 10:38-42: As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Psalms 127:1-2: Unless the Lord builds the house, those who build it labor in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved.

Matthew 11:28-29: Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”