

# Walk, Run, REST

## God's pace for your faith journey

Sometimes we try to live the Christian life like it's one long sprint... and then we wonder why we feel drained, distracted, or discouraged. But Scripture shows us something beautiful: God has a rhythm for His people. There's a time to walk, a time to run, and a time to rest.

**This is not laziness. This is wisdom. This is obedience. This is how we stay steady and strong in Jesus.**

### WALK: Daily faithfulness

**Key Scripture:** *Micah 6:8 (NKJV)*

“He has shown you, O man, what is good... to do justly, to love mercy, and to **walk** humbly with your God?”

Walking is not flashy, but it's powerful. Walking is:

- **steady obedience**
- **consistent prayer**
- **small steps of faith**
- **everyday holiness**

Some seasons are not about big leaps. They're about simple faithfulness. You keep walking even when you don't feel goosebumps. You keep walking when life is ordinary. **God honors the walk.**

**Life application:** If you can't do everything, do the next right thing with Jesus.

### RUN: Press forward with purpose

**Key Scripture:** *Hebrews 12:1–2 (NKJV)*

“...let us **run** with endurance the race that is set before us, looking unto Jesus...”

There are seasons when God calls you to move with focus and urgency. Running is:

- **endurance**
- **perseverance**
- **discipline**
- **putting distractions down**
- **keeping your eyes on Jesus**

Running doesn't mean rushing ahead without God. It means you're moving forward **with God**, staying committed, staying focused, staying determined.

**Holy reminder:** The goal is not speed. The goal is **finish faithful**.

### **REST: Renew your strength in the Lord**

**Key Scripture:** *Matthew 11:28–29 (NKJV)*

“Come to Me, all you who labor and are heavy laden, and I will give you **rest...**”

Rest is spiritual warfare against burnout. Rest says:

- “God, You’re in control.”
- “God, I trust You.”
- “God, I’m not my own provider.”

Rest is where God restores your joy, your clarity, your strength, and your peace. And here’s the truth: **rest is not quitting** rest is **refueling**.

**Wisdom Nugget:** If you don’t rest on purpose, your body will rest you on accident.

## Heavenly Highlight

God is not only interested in your productivity. He's interested in your **peace**.

He's not just building your assignment—He's building **you**.

**Walk** with humility.

**Run** with endurance.

**Rest** with trust.

That is the rhythm of a life led by the Spirit.

## Questions

1. Am I in a season of **walking**, **running**, or **resting** right now?
2. What has been draining me that God never assigned to me?
3. What would it look like to obey God's pace instead of my pressure?

**Guided prayer:** Lord Jesus, thank You for leading my life with wisdom and love. Help me to walk faithfully, run with endurance, and rest in Your presence. Teach me Your pace. Remove pressure that isn't from You, and restore my strength in You. I trust You with my life, my timing, and my future. In Jesus' name, Amen.

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