

# Sacred Pause:

## 31 Days of Peace and Renewal

### **Sabbath & God's Design for Rest**

Genesis 2:2

Exodus 20:8-10

Exodus 33:14

Leviticus 23:3

Deuteronomy 5:12-14

Ezekiel 20:12

Hebrews 4:9-11

### **Jesus as the Source of True Rest**

Matthew 8:24-26

Matthew 11:28-30

Mark 2:27

Mark 6:31

Luke 10:39-42

John 14:27

John 15:4

### **Trusting God's Provision**

Psalms 23:1-2

Psalms 37:7

Psalms 46:10

Matthew 6:31-33

Isaiah 40:29-31

Jeremiah 6:16

### **Renewal & Peace in the Spirit**

Acts 3:19

Romans 8:6

Romans 15:13

2 Corinthians 12:9

Philippians 4:6-7

1 Peter 5:7

### **Security & Assurance in God**

Joshua 1:13

2 Chronicles 14:7

Psalms 4:8

Psalms 62:1

Psalms 62:5

