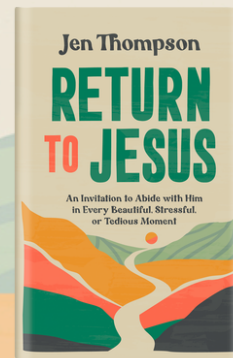


# *Return to Jesus:* 10 Intentional Actions to Invite Rest



## You are invited to rest.

Do you feel overwhelmed and overcommitted before you even get out of bed? When you hear the words rest and peace do you think those sound great for everyone else, but just aren't possible in your current state of busy with the endless list of demands piling? If you are there, I get it. I've been there, too. But I have good news: you can begin to incorporate daily rhythms that will provide you with the peace, the rest, and the closeness to Jesus that your soul longs for. Choose to prioritize new habits and a new way of living isn't always easy, but I promise you, the peace you will breathe in the chaos is worth it. Here ten intentional actions you can weave into your day to help invite true rest, right where you are:

### 1. Limit your phone time

Our phones can rob us of more time in our days than we ever intend. Start to create parameters around your phone usage. Don't pick up the phone in the morning until a certain time, or until certain tasks are completed. Pay attention to the settings that track your daily usage and make a goal of decreasing that time. Have set times during the day when your phone shuts off or goes to Do Not Disturb. Now, trade that time that would have been lost on your phone into something that is life-giving. Go on a walk. Spend quality time with a loved one. Read scripture. Take a hot bath. Pray for the Lord to reveal to you how to spend your time, and trust that He will. You may be tempted to use this time to be "productive" but remember, moments spent in peace and rest will have lasting impact on the rest of your day.

### 2. Monitor your online feeds

Our online feeds can rob us of joy and take us from peace to distress in a matter of seconds. Pay attention to the social accounts you are following and the amount of news you are consuming. If you notice it's negatively affecting you, or that you are spending too much time scrolling, take action to remove the temptation. Hide or remove accounts that negatively impact your peace. Set limits for the amount of news you watch or read. Trade in those volatile, shallow connections for deeper relationships with those in your life. Meet a friend for lunch and find out how they are doing (really). Send a note to someone you love letting them know the impact they have made in your life. Sign up to volunteer for a local organization you feel passionate about.

### 3. Practice gratitude

Start a gratitude journal and keep it some place accessible. Take time throughout the day to jot down those things you are grateful for. When you notice all the goodness around you each and every day, your mind, body, and soul are more likely to find peace in the chaos. The route you drive to work every day moves from mindlessness to gratitude for the lush, green grass, the new leaves budding on the trees, and the sound of the rain falling. As you are taken out of your circumstances and the mundane, you move into something bigger that God is doing. Your breath slows and your heart fills.

### 4. Enjoy the fruit of early rising

Wake up thirty minutes before everyone else in your home starts to stir. While getting up early can be difficult, the fruit of this habit is worth it—even if only for a season. During that time, do something that will start your day off on the right foot. Spend time in the Word. Do yoga. Practice breathing deep breaths. Look out the window with your coffee in hand and thank God for the gift of another day. Set your intentions for the day. Immerse yourself in scripture. There is no right or wrong way to spend this time. Get creative. This time is for you.

## You are invited to rest.

### 5. Rethink your calendar

Spend intentional time looking over your calendar. Do you notice that all your days are completely booked? What activities can you remove to create some margin in your life and the lives of your family members? Is there something that once served you and your family that is past the point of expiration? What would it look like for you to take the steps to remove this activity from your life? Ask God to reveal what you can remove so your family has time to just be. Creating space in a culture that celebrates productivity is not easy. But after experiencing a few days that stretch wide open with nowhere to be and nothing to do, you may just find that you crave these lazy days more than you ever imagined you would.

### 6. Fill your home with praise

Turn on worship music throughout the day. While you are making breakfasts or packing lunches for the kids. While you are sitting in your car at pick-up afterschool or for extracurricular activities. While you are on a walk. The list goes on and on... During that time, fill your ears with music that praises the Lord and your heart with His presence.

### 7. Do a prayer walk through your house

As you walk around your home, whether you are putting away laundry, vacuuming, tidying a room, or whatever it may be, pray for each of your family members. Walk into your bedroom and pray for your spouse. Walk into the kitchen and thank God for your food that nourishes those you love. Walk into the laundry room and thank God for the clothes you all wear. Walk into your children's rooms and pray for your children. As you enter each space, look around and lift up your concerns and your gratitude to the Father above.

### 8. Be the hands and feet of Christ

Getting lost in the busyness of your day is easy, but serving someone you love takes intentionality. When you step away from the to-dos and demands to focus on helping others, your perspective shifts and you can see how serving someone you love with one simple act speaks volumes. Drop off coffee to a friend in need. Offer free babysitting for a young couple in need of a night out. Make a meal for someone so that they can take the night off from cooking. Mow your neighbor's yard. There are so many ways we can share God's love with those in our lives, and the blessings from service won't only touch the heart of the receiver but your heart, too.

### 9. Repeat these words: Holy Spirit, guide me

Make this your mantra. Repeat it throughout the day. Ask Him to open your eyes, your ears, your heart, and your hands to those things He has for you today. Write it on paper and tape it to your mirror and fridge. Holy Spirit, guide me. Trust that He will.

### 10. Go outside

This may sound simple, but the effects of enjoying time in nature can be remarkable. How many days has it been since you've stepped outside? How many days did you decide to head to your car or back into your home instead of soaking in the sun? Go on a walk. Take off your shoes. If you live by water, dip your feet in. Enjoy some time in God's creation with nothing but the sun and the wind and your God above as your companions. Breathe the fresh air and know the Maker of all of creation loves you deeply.



*Connect and learn more from Jen by checking out:*

- Return to Jesus Podcast, hosted by Jen Thompson
- [trulyyoursjen.com](http://trulyyoursjen.com)
- [jenthompsonauthor.com](http://jenthompsonauthor.com)
- Her new book, *Return to Jesus*, available April 2025