



6 DAY JOURNEY TO A RESTFUL REALITY

From the moment you and I wake up we are assaulted with unrest. As soon as our feet hit the floor in the morning, we are trying to live faster than the 2x speed on an audiobook. From the car you thought to be trustworthy breaking down on you to your arguing children that live with you. Unrest is here to stay. It is on the news every time we turn our televisions on, and it is in our bedroom when our phone goes off in the middle of the night.

On top of this we have to keep a roof over our heads and make the most of our limited means. So, if you are tired of this restless reality immerse yourself in this six days Bible reading journey. A journey that will allow God to turn your world of unrest into a reality that is truly restful.

Daily Verses

Psalms 23:1

Psalms 23:2

Psalms 23:3

Psalms 23:4

Psalms 23:5

Psalms 23:6

Going Deeper

John 10:14-18

Matthew 7:7-12

2 Corinthians 5:17

Luke 23:38-43

1 Kings 19:1-8

2 Samuel 9:6-13



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Day 1

Psalm 23:1 (CSB) — 1 The LORD is my shepherd; I have what I need.

As you approach today rest in the truth that the Lord is your shepherd. Surrender your shortcomings to the God who can make it happen. And Discover a restful reality through stepping down from being in control. Having faith that the God who owns the cattle on a thousand hills will not forsake His children.

- 1) Reflect on the statement “The Lord is my shepherd;”.
- 2) PRAY
 - Ask God for pressing needs.
 - Ask God to strengthen your faith in Him.
 - Ask God to grant you rest as He meets your needs.
 - Ask God for peace for the coming day.

Insight From My Day



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Day 2

Psalm 23:2 (CSB) — 2 He lets me lie down in green pastures; he leads me beside quiet waters.

The Lord desires good for you. The Lord is leading you to your green pasture. We just have to be willing to rest in His direction for our lives. As you approach this day allow your soul to be quieted by the blessing of knowing a good God.

- 1) Reflect on the statement “He lets me lie down in green pastures;”.
- 2) PRAY
 - Ask God to show you the green pastures.
 - Ask God to give you faith in His plan for you.
 - Confess your hope in Him for a good day.
 - Thank Him for being a God who follows through.

Insight From My Day



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Day 3

Psalm 23:3 (CSB) — 3 He renews my life; he leads me along the right paths for his name's sake.

Today make the choice to rest in the truth of your yesterday does not define your today. Allow the regrets and burdens of yesterday to disappear by trusting in the leading of a loving savior. Remember the enemy makes you relive your wrong choices day in and day out. Whereas our good God chooses to renew our life on a regular basis.

1) Reflect on the statement “He renews my life;”.

2) PRAY

- Ask God to show you the right path.
- Accept the offer of renewed life God offers.
- Ask God to help you walk in His strength each moment.
- Thank Him for all that He is going to do in you.

Insight From My Day



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Day 4

Psalm 23:4 (CSB) — 4 Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me.

The lows of life can overwhelm us and rob us of our rest. As you approach this day lean into the truth that you have a loving God that will never leave you in the lowest valleys of life. But will carry you through to a place of rest that He has prepared for you. Let your fear become powerless in the presence of a powerful God who is fighting for you.

- 1) Reflect on the statement “Even when I go through the darkest valley, I fear no danger, for you are with me;”.
- 2) PRAY
 - Ask God to show you the hope that is coming.
 - Ask God to give you perseverance in the valley.
 - Thank God for His presence in the present valley.
 - Thank Him for being a God who follows through.

Insight From My Day



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Day 5

Psalm 23:5 (CSB) — 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Our times of restlessness are often marked by the presence of the enemy. As you face the reality of a real enemy lean into the provision of a God who has already defeated the enemy at Calvary. So, as you approach this day make the choice to rest in the overflowing cup of grace given to you. Because the grace of God conquers the guilt of the enemy all day long.

- 1) Reflect on the statement “You prepare a table before me in the presence of my enemies;”.
- 2) PRAY
 - Ask God to give you the strength as the victor He has made you.
 - Thank God for the overflowing cup of grace.
 - Confess your hope in the defeat of the enemy at the cross.
 - Thank Him for being a God who fights for you.

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Day 6

Psalm 23:6 (CSB) — 6 Only goodness and faithful love will pursue me all the days of my life, and I will dwell in the house of the LORD as long as I live.

Our unrest and distrust of God as the good shepherd can be traced back to what we are told about Him. Embrace the reality of a good God as the author of all the mercies, grace, and blessings in our life. As the day goes from restful to restless hold fast to the truth that God can work all things together for the good of those who love Him.

- 1) Reflect on the statement “Only goodness and faithful love will pursue me”.
- 2) PRAY
 - Ask God to redeem your day.
 - Ask Him to strengthen your faith in His goodness.
 - Confess Him as the source of all good in your life.
 - Thank Him for sending His Son so you may have heaven.

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