

# THE 10-Minute REST RESET

You were  
made for more  
than surviving.  
You were made  
to rest, restore,  
and rise again.



A SHORT PAUSE. A BIG DIFFERENCE.



## Calming Scripture

Come to me, all you who are  
weary and burdened, and I will  
give you rest.

– Matthew 11:28 (NIV)



## Breathing Prayer (2 Minutes)

Find a quiet space. Close your eyes. Take a deep breath in through  
your nose... hold for a moment... and slowly breathe out through your  
mouth. Repeat 3 times.

Say this quietly to yourself:

“I release what I can’t control,  
and I rest in what You hold.”



## Reflection Prompts (3 Minutes)

Take a few moments to journal or think through these questions:

- ♥ What am I carrying that I need to release? \_\_\_\_\_
- ♥ What am I grateful for right now? \_\_\_\_\_
- ♥ What truth do I need to remember today? \_\_\_\_\_



## Gratitude Reset (2 Minutes)

Write down 3 things you're thankful for today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Gentle Action Plan (3 Minutes)

What is one small, loving action you can take  
for your rest today?

---

---

I will give myself grace if I cannot do everything.  
Rest is still progress.



YOU DESERVE  
MOMENTS THAT  
RESTORE YOU.



**Remember:** Rest is not a reward for what you do.  
It's a reminder of who you are.