



A 14-DAY PRACTICE OF RETURNING TO THE PRINCE
OF PEACE

Rhythms of Rest

*Settling your body and your soul in the One who is our
peace.*

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WELCOME

TODAY'S VERSE

"My Presence will go with you, and I will give you rest."

— Exodus 33:14 (NKJV)

Before We Rest

If switching off feels almost impossible, you are not alone. Our world trains us to stay alert, busy, and switched on, and our bodies quietly learn to live that way. Even sitting down for a few quiet minutes with God can feel strangely hard.

So let us be gentle about this. Rest is not only something we feel. It is something we practise. In the same way our bodies learned to stay on, they can slowly learn to settle again, one small return at a time.

Every time you come back to God, even for a moment, you are wearing a new path. A little rhythm of rest that, repeated, becomes the way home. You are not failing when your mind wanders. Returning is the practice.

Over the next two weeks we will keep it short and simple. Each day we will settle the body first, then settle the soul, and turn to Jesus, the Prince of Peace, for our spirit, soul, and body.

Do not aim for perfect stillness. Aim to return. Let us begin, slowly.

How to Use These Two Weeks

- Find a few quiet minutes, if you can at the same time each day.
- Read the verse slowly, twice. Let it settle before you move on.
- Do the short practice. Let your body lead your soul into rest.
- Carry the day's breath prayer with you, and return to it whenever you remember.

A Prayer to Begin

Jesus, Prince of Peace,

Teach me to rest. Quiet my body, still my thoughts, and settle my soul in You. I am not chasing a feeling; I am returning to You. Meet me here, slowly, over these two weeks. Amen.

DAY 1

Come to Me

TODAY'S VERSE

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."

— Matthew 11:28-29 (NKJV)

Rest begins with an invitation, not an achievement. Jesus does not say, try harder, or fix yourself first, and then come. He simply says, come.

You can come tired. You can come distracted, still carrying everything. The very first movement of rest is turning toward Him with all of it in your arms.

Notice who is inviting you: One who is gentle and lowly in heart. You are not coming to a demand. You are coming to a safe place.

REST PRACTICE

- Sit comfortably and let your shoulders drop away from your ears.
- Name what you are carrying today. Picture setting each thing down at His feet.
- Take three slow breaths, and silently say, "I am coming to You."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *Come to me*

BREATHE OUT *I am coming, Lord*

A SHORT PRAYER

Jesus, I am tired, and I am coming to You just as I am. Thank You that You are gentle. Give my soul rest. Amen.

DAY 2

Return and Rest

TODAY'S VERSE

*"In returning and rest you shall be saved;
In quietness and confidence shall be your strength."*

— Isaiah 30:15 (NKJV)

Look at where strength is found. Not in rushing or in holding it all together, but in quietness and trust.

Rest is a returning. It is turning back from striving to simply being with God. You will drift a hundred times a day, and that is not failure.

The practice is not staying perfectly still. It is returning, gently, again, and again, and again.

REST PRACTICE

- Pause whatever you are doing. Unclench your hands and let them open.
- Turn your attention, the way you would turn your face, back toward God.
- Breathe slowly and say, "I return to You."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *In quietness and trust*

BREATHE OUT *I return to You*

A SHORT PRAYER

Father, I have been striving. I turn back to You now. Be my quiet strength today. Amen.

DAY 3

Be Still

TODAY'S VERSE

"Be still, and know that I am God."

— Psalm 46:10 (NKJV)

Be still does not mean do nothing. It means stop striving, and let go.

Stillness is how we remember who God is, and who we are not. We do not have to hold the world together. He already does.

Even sixty seconds of stillness tells your body the truth: you are safe, and He is God.

REST PRACTICE

- Set a timer for one minute and put everything down.
- Let your breath slow. Feel your body held by the chair, the floor, the bed beneath you.
- Silently say, "You are God. I can rest."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *Be still*

BREATHE OUT *You are God*

A SHORT PRAYER

Lord, I am letting go. You are God and I am not, and that is good news. Still me now. Amen.

DAY 4

Perfect Peace

TODAY'S VERSE

*"You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You."*

— Isaiah 26:3 (NKJV)

Peace is kept, moment by moment, as we keep turning our minds toward Him. A mind that spins finds no rest; a mind that leans on God is held.

Jesus is the Prince of Peace. Peace is not only something He gives, it is who He is. To draw near to Him is to draw near to peace itself.

You do not have to clear your mind. You only have to keep bringing it home.

REST PRACTICE

- Notice where your mind keeps running. Do not fight it; simply notice.
- Each time it wanders, gently bring it back to one true thing about God.
- Let your attention rest on Him, the way you would lean on a strong wall.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *Prince of Peace*

BREATHE OUT *My mind rests on You*

A SHORT PRAYER

*Prince of Peace, my thoughts are loud. I fix my mind on You. Keep me in Your perfect peace.
Amen.*

DAY 5

Cast Your Cares

TODAY'S VERSE

"Casting all your care upon Him, for He cares for you."

— 1 Peter 5:7 (NKJV)

Worry lives in the body. It tightens the shoulders, shortens the breath, and sets the jaw.

God invites you to hand it over, not because your cares are small, but because He cares for you. You were never meant to carry it all.

Let your body release what your heart is slowly learning to trust Him with.

REST PRACTICE

- Breathe in slowly for four counts, and out for six. Repeat a few times.
- As you breathe out, picture handing one worry to God. Then the next one.
- Soften your shoulders, your hands, your face. Let Him hold what you release.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *You care for me*

BREATHE OUT *I release this to You*

A SHORT PRAYER

Father, I give You what I have been carrying. Thank You that You care for me. I let it go into Your hands. Amen.

DAY 6

He Restores

TODAY'S VERSE

*"The Lord is my shepherd;
I shall not want.
He makes me to lie down in green pastures;
He leads me beside the still waters.
He restores my soul."*

— Psalm 23:1-3 (NKJV)

Notice this: the Shepherd makes us lie down. Sometimes rest has become so unfamiliar that we have to be led into it.

He is not driving you. He is leading you, to green pastures, to still waters, to a restored soul.

You can trust a Shepherd like that with your stopping.

REST PRACTICE

- If you can, lie down or recline for a few minutes.
- Let your whole weight be held. Remember, you are being led, not driven.
- Breathe slowly and say, "You restore my soul."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *You are my Shepherd*

BREATHE OUT *You restore my soul*

A SHORT PRAYER

Good Shepherd, lead me into rest. Restore what has been poured out of me. I trust You with my stopping. Amen.

DAY 7

Enter the Rest

TODAY'S VERSE

"There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His."

— Hebrews 4:9-10 (NKJV)

Rest is not a one-off. It is a rest that remains, always open, always available to you.

You have reached the end of your first week. This was never about doing it perfectly; it is about beginning to build a path home.

So before week two begins, pause and choose one small rhythm from these days to keep. Let it become a doorway you return to, again and again.

REST PRACTICE

- Choose the one practice from this week that settled you most.
- Decide when you will return to it each day, tied to something you already do: a kettle boiling, a doorway, the first light of morning.
- Begin today. Small and repeated is how a rhythm is formed.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *There remains a rest*

BREATHE OUT *I enter it with You*

A SHORT PRAYER

Father, thank You that Your rest is always open to me. Help me keep returning, one small rhythm at a time, until rest becomes the way I live with You. Amen.

DAY 8

Come Away

TODAY'S VERSE

"Come aside by yourselves to a deserted place and rest a while."

— Mark 6:31 (NKJV)

Even Jesus and His closest friends needed to step away. When the crowds and the demands pressed in, He did not tell them to push through. He said, come away and rest.

Rest often requires a deliberate withdrawing. The noise will not pause itself for you; you have to choose the quiet. A few minutes apart is not laziness. It is how you keep going.

You do not need a mountain or a holiday. You need a small, regular coming away, with Him.

REST PRACTICE

- Find one pocket of quiet today, even five minutes, and guard it.
- Step away from the screen, the list, the voices. Let it be just you and God.
- Breathe, and let the stepping away itself be your prayer.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *Come away*

BREATHE OUT *and rest a while*

A SHORT PRAYER

Jesus, You know how full my days are. Help me to come away with You, even for a few minutes, and let it be enough. Amen.

DAY 9

One Thing Is Needed

TODAY'S VERSE

"Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

— Luke 10:41-42 (NKJV)

Martha was not doing anything wrong. She was serving, working, caring. But she was anxious and pulled in many directions, and she missed the One right in front of her.

Her sister Mary simply sat at Jesus' feet. He called that the good part, the thing that cannot be taken away.

Rest is often a matter of choosing. In a day full of good things, you can choose the one needed thing: to be with Him.

REST PRACTICE

- Pause and notice how many directions you are being pulled.
- Let the many things wait for a moment. Choose the one thing: His presence.
- Sit, as if at His feet, and simply be with Him for a little while.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *One thing is needed*

BREATHE OUT *I choose to be with You*

A SHORT PRAYER

Lord, I am anxious about many things. Today I choose the one thing that matters: to sit with You. Amen.

DAY 10

Lie Down in Peace

TODAY'S VERSE

*"I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety."*

— Psalm 4:8 (NKJV)

Sleep is one of the most honest acts of trust we can offer God. To close our eyes is to admit we are not the ones holding the world together.

The psalmist does not lie awake rehearsing his fears. He lies down in peace, because safety is God's work, not his.

Rest at night begins with handing the day back to God, and trusting Him to keep what you cannot.

REST PRACTICE

- Tonight, before you sleep, breathe slowly and let your body grow heavy.
- Hand the day back to God, the undone, the unresolved, all of it.
- As you settle, say, "You keep me safe. I can sleep."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *In peace I lie down*

BREATHE OUT *You keep me safe*

A SHORT PRAYER

Father, I give You this day and the night ahead. You never sleep, so I can. Let me rest in Your safety. Amen.

DAY 11

A Quieted Soul

TODAY'S VERSE

*"Surely I have stilled and quieted my soul,
Like a weaned child with his mother;
Like a weaned child is my soul within me."*

— Psalm 131:2 (NKJV)

A weaned child no longer frets at its mother for what it wants. It simply rests against her, content to be near.

That is a picture of a soul at rest, one that has stopped grasping, striving, and demanding to understand everything.

You do not have to figure it all out today. You can quiet your soul and simply be near the One who holds what you cannot.

REST PRACTICE

- Notice where your soul is still striving, or grasping for an answer.
- Gently set it down, the way a tired child stops wriggling and finally settles.
- Rest against God and say, "I don't have to understand. I can be near You."

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *I have quieted my soul*

BREATHE OUT *It is enough to be near You*

A SHORT PRAYER

Father, I have been striving to understand and to control. I quiet my soul now, like a child resting against You. That is enough. Amen.

DAY 12

Those Who Wait

TODAY'S VERSE

*"Those who wait on the Lord
Shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not faint."*

— Isaiah 40:31 (NKJV)

We think strength comes from pushing harder. God says it comes from waiting on Him.

Waiting is not wasting time. It is how the weary are renewed, how depleted strength is quietly restored.

When you have nothing left, you do not need to manufacture more. You need to wait on the One who gives power to the faint.

REST PRACTICE

- Sit still for a few moments with open hands, as if to receive.
- Stop striving to produce anything. Simply wait on God.
- Breathe slowly and let Him renew what is depleted in you.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *I wait on You*

BREATHE OUT *You renew my strength*

A SHORT PRAYER

Lord, I am tired, and I have been striving in my own strength. I wait on You now. Renew me as only You can. Amen.

DAY 13

The Peace That Guards

TODAY'S VERSE

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

— **Philippians 4:6-7 (NKJV)**

Anxiety and gratitude cannot easily share the same breath. So God gives us a practice: turn the worry into prayer, and wrap the prayer in thanksgiving.

The promise is not that everything will suddenly make sense. It is that His peace, which is beyond understanding, will stand guard over your heart and mind.

Peace here is like a sentry at the gate, keeping watch over your thoughts, so that you can rest.

REST PRACTICE

- Name one thing you are anxious about, and turn it into a simple prayer.
- Then name three things you are thankful for, however small.
- Breathe out the worry, breathe in thanks, and let His peace stand guard.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *Your peace guards me*

BREATHE OUT *I give You my worry with thanks*

A SHORT PRAYER

Father, instead of carrying this worry, I bring it to You with thanksgiving. Let Your peace guard my heart and my mind. Amen.

DAY 14

At Home in His Rest

TODAY'S VERSE

*"He who dwells in the secret place of the Most High
Shall abide under the shadow of the Almighty."*

— Psalm 91:1 (NKJV)

Over two weeks you have practised coming, returning, being still, releasing, and settling. Now the invitation is to dwell, to make rest your home, not just a visit.

There is a secret place, a quiet shelter in God, that is always available to you. You do not earn your way in. You simply learn to live there.

This is the rhythm you were made for: not a frantic life with rare moments of rest, but a resting life with Him, carried into everything you do.

REST PRACTICE

- Choose the breath prayer or practice that has become a home for you these two weeks.
- Decide to live there, returning to it through the day, not only in quiet moments.
- Begin now. Step into the secret place, and simply stay a while.

CARRY THIS TODAY · BREATH PRAYER

BREATHE IN *I dwell in You*

BREATHE OUT *You are my resting place*

A SHORT PRAYER

Father, thank You that there is a shelter in You that is always open. Teach me to live there, to make rest my home, and to carry Your peace into all of life. Amen.

A BLESSING

Keep the Rhythm

Over these two weeks you have practised coming to Jesus, returning and being still, releasing your cares, being restored, waiting, giving thanks, and learning to dwell in His rest. Well done for showing up, day after day.

You will not do this perfectly, and you do not need to. Every return wears the path a little deeper, until one day you find you have come home without even trying.

May the Prince of Peace settle your body and your soul.

May you learn the gentle rhythm of His rest.

And may you find, again and again, that He Himself is your resting place.

TODAY'S VERSE

*"Truly my soul silently waits for God;
From Him comes my salvation."*

— Psalm 62:1 (NKJV)

Rest well. He is holding you.

