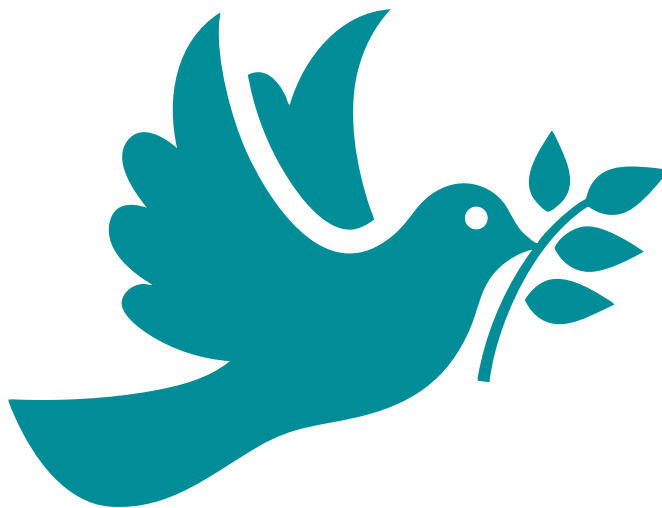




## Navigators Discipleship Tool



# 15 Bible Verses About Rest to Memorize

Focusing your heart and mind on Bible verses about rest can offer you relief, whether from physical exhaustion, emotional strain, or spiritual turmoil. Resting in God's love and care is not just about taking a break, but finding true peace and security in Him. Put these 15 Bible verses about rest to memory, so that in those moments of insecurity, insomnia, stress, and anxiety, you can find rest in God alone.

### Bible Verses About Resting in God

1. "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure . . ." Psalm 16:8-9 (NIV).
2. "Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken" Psalm 62:5-6 (NIV).
3. "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty" Psalm 91:1 (NIV).
4. "Return to your rest, my soul, for the LORD has been good to you" Psalm 116:7 (NIV).
5. "This is what the Sovereign Lord, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it'" Isaiah 30:15 (NIV).

### Bible Verses About Physical Rest

6. "I lie down and sleep; I wake again, because the LORD sustains me" Psalm 3:5 (NIV).
7. "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety" Psalm 4:8 (NIV).
8. "In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves" Psalm 127:2 (NIV).
9. "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest'" Mark 6:31 (NIV).



## Bible Verses About Rest From Work

10. "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work" Genesis 2:2 (NIV).
11. "But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'  
  
'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her'" Luke 10:40-42 (NIV).
12. "... here remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his" Hebrews 4:9-10 (NIV).

## Bible Verses About Rest From Anxiety and Worries

13. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" Matthew 11:28-30 (NIV).
14. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" John 14:27 (NIV).
15. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" Philippians 4:6-7 (NIV).