

## *P.S~Pray Specifically*

*“Combining the power of Scripture with the power of prayer.”*

*By Mary Kane [www.onlybyprayer.com](http://www.onlybyprayer.com)*

### *Rest*

Please read Matthew 11:28-30.

Stress is the curse of the modern age. Deadlines, meetings, and clashes with co-workers all take their toll on my peace of mind. Sometimes I envy my grandmother. Yes, she baked her own bread, darned her own stockings, and made all her meals from scratch, but she never had to answer emails, develop PowerPoint presentations or arrange business meetings while driving her children to soccer practice in a minivan. In Grandma’s day when the sun went down it was time for bed and when the church bells rang it was time to get up. Grandma lived a simple life. Jesus calls us to live a simple life also. Please unplug, detach and spend a few quiet moments at the feet of Jesus simply resting.

*(please make the following Scriptures personal by putting your name in the blanks)*

Dear Father,

Your word says, “ \_\_\_\_\_, come to me. You have been working so hard and have been carrying heavy burdens. I want to give you rest.

Take My yoke upon you and learn from Me, \_\_\_\_\_. Learn that you need to take time in *My Presence*, (not in front of the TV) to restore your soul. I am gentle and lowly in heart and find true rest is found only in Me. My yoke is easy and My burden is light.”

Thank you Father that you know what I need before I even pray it and that I do not need to worry about what I will eat or drink or wear. Anxiety comes when I take up the burden of providing for myself. Help me to return my burdens to You so I can focus on the only thing that matters; to seek first

Your kingdom and Your righteousness. When I focus on seeking You, all my needs shall be provided for.

Amen.

Drop your burdens. Take a moment to rest. Your work will still be there tomorrow. May the peace of Christ dwell in you richly.

## STRESS

Honking horns, shouting kids, blaring radios

Deadlines, chores, dinner, candlelight

Soothing music, flowing fountains, whispering breezes

*Solitude, peace, quiet..*

*Jesus*

*By Mary Kane*