



# RESET *Her* JOURNAL



REST TO RESET  
*15 day devotional*

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## Day 1

### Matthew 11:28-30

"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."



Have you ever felt emotionally or spiritually drained? You tried getting sleep, but your mind just won't rest. As women, we often carry many responsibilities and obligations, and it can be easy to feel overwhelmed and exhausted. But Jesus invites us to come to Him and find true rest for our souls.

As women, we feel pressured to do it all and be it all. But Jesus reminds us that we don't need to carry the weight of our burdens. We can come to Him and find rest for our souls. It is a rest that comes from knowing that we are loved, valued, and accepted by God. It is a rest that comes from trusting in God's sovereignty and His plan for our lives.

As we go through our day-to-day lives, let us remember the invitation that Jesus gives us in these verses. Let us take Jesus' yoke upon us, following His teachings and His example. Let us prioritize time with Him, seeking His rest and His peace. And let us encourage other women to do the same, sharing with them the invitation that Jesus gives us all: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)



Affirm With Me: I find true rest in the arms of Jesus.



## Day 2

### Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”



Along with life comes many stages and, in those stages and no matter what stage of life your'e in, it is difficult to prioritize all of the responsibilities and save time for yourself. We learn that trying to play the part of super woman, can get overwhelming and exhausting.

After reading this verse, I realized that it is easy to identify with Martha and sometimes difficult to keep close to Jesus like Mary. Neither of the two women were wrong for their actions but in verse 42, Jesus praises Mary for her actions. The living room intimacy that Mary enjoyed with Jesus will never come out of the busyness of Martha's kitchen. Just because Martha opened her home to Jesus did not mean that she opened her heart. In other words, in our eagerness to serve Jesus we can miss the opportunity to know Jesus. Many of us ladies serve in various ministries, but can He say that He has a relationship with us?

Again, Jesus told Martha “you are upset about many things but one is only important.” That one thing is not found in doing more but found in the quiet solitude of sitting at the feet of Jesus.



**Affirm With Me:** I am empowered to serve others when I prioritize my rest first.



## Day 3

### Psalms 62:1-2

I wait quietly before God, for my victory comes  
from him. He alone is my rock and my  
salvation, my fortress where I will never be  
shaken.



In the middle of life's chaos, are you like me and often yearn for a peaceful haven? This verse opens a window into the realm of quiet contemplation, unveiling a profound truth that resonates with the journey of every woman. Imagine a moment of stillness, where you wait quietly before God, surrendering the weight of your worries. This deliberate act of trust invites you to let go and find solace in His reassuring presence.

God is depicted as an unchanging rock, a steady anchor in the tumultuous sea of life. We can understand the challenges of constantly striving to meet the expectations of our roles. Yet, these verses remind us that our victories are not born out of our ceaseless efforts, but from God's unchanging and steadfast love.

In a world that often leaves our hearts unsettled, God's love becomes our unwavering refuge. As we wait in His embrace, we uncover more than mere victory; we find a rest that transcends the ebb and flow of life. It's a rest that speaks directly to our hearts, offering solace that soothes our souls and steadies our spirits with unmatched compassion.



**Affirm With Me:** I find refuge in the gentle presence of God. In moments of uncertainty, I choose to wait quietly before Him,



## Day 4

### John 14:27

"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."



As women we can feel bombarded by our everyday to-do list. We try to check it off and meet the standards that the world tells us to meet. Friend, John 14:27 is a beautiful reminder of the peace that Jesus offers us.

As women, we can often feel overwhelmed and anxious, especially in the midst of the challenges and uncertainties of life. But Jesus offers us a peace that surpasses all understanding, a peace that can calm our anxious hearts and quiet our racing thoughts.

This peace is not like the temporary peace that the world offers. It is a deep, abiding peace that comes from knowing and trusting in Jesus. It is a peace that can sustain us through any circumstance, because it is grounded in the unchanging character of God.

Let us hold onto Jesus' words in John 14:27, and let us seek His peace in our daily lives. As we trust in Him, may our hearts be filled with the peace that only He can give.



**Affirm With Me:** I choose to focus on God's peace that surpasses all understanding.



## Day 5

### Philippians 4:6-7

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."



As we go through our day-to-day lives, it's easy to feel overwhelmed by the various challenges and responsibilities that we face. Philippians 4:6-7, reminds us to not be anxious about anything, but instead, to pray and give thanks to God. When we do this, the peace of God will guard our hearts and minds in Christ Jesus.

It's important to note that this passage doesn't tell us to ignore our problems or pretend they don't exist. Instead, it encourages us to bring all of our worries to God and trust that He will provide for us. We can do this through prayer, meditation, and spending time in His word.

As we turn our hearts and minds to God, we can experience a peace that surpasses all understanding. This peace can carry us through even the most challenging of circumstances and remind us that we are never alone.

So today, I encourage you to take a moment to pause, pray, and give thanks to God for His faithfulness. Allow His peace to guard your heart and mind, and trust that He will continue to provide for you in all things.



**Affirm With Me:** I choose to focus on God's peace that surpasses all understanding.



## Day 6

### Romans 8:6

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.



Have you ever watched a toddler go throughout the day without taking a nap? It's complete chaos! Their emotions are just all over the place. I'm sure that's how God sees us when we decide to rely on our wisdom than His. In other words, when we focus on our own desires and worldly concerns, we can become consumed by negativity and despair. But when we focus on the Spirit and seek to align our thoughts and actions with God's will, we can experience true peace.

This can be challenging in a world that often values success and material wealth above all else. But as women of faith, we are called to prioritize our relationship with God and to trust that His plan.

So today, I encourage you to take a moment to examine your thoughts and motivations. Are they driven by the flesh, or by the Spirit? Are you seeking worldly success, or are you seeking to honor God with your life? As we seek to align our minds with the Spirit, we can experience a deep sense of peace and contentment, knowing that we are living in accordance with God's will.

May the Holy Spirit guide and strengthen you on your journey of faith today and always. Amen.



**Affirm With Me:** I allow the Holy Spirit to lead my life.



## Day 7

### 2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.



We are often called to be caregivers and to offer comfort to those around us. But even as we pour out our love and support to others, it's important to remember that we have a source of comfort that never runs dry: God Himself.

Three reminders for the woman who needs Hope:

1. God is the God of all comfort.
2. There is nothing you can go through that God does not have enough comfort for.
3. The same God that has given you salvation is the same God that shows up in your situation.

So today, I encourage you to take a moment to reflect on the ways in which God has comforted you in the past. How can you use this experience to offer comfort to others? As we embrace our role as caregivers let us always remember that we do so in the strength and power of our loving Heavenly Father.



Affirm With Me: God's compassion and love Is always with me.



## Day 8

### Mark 6:31

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 ourselves to a quiet place and get some rest!'



As women, we often find ourselves pulled in many different directions, trying to balance the demands of work, family, and other responsibilities. But even in the midst of our busy lives, it's important to take time to rest and recharge. In Mark 6:31, Jesus invites His disciples to come away with Him to a quiet place and rest. This is a powerful reminder of the importance of rest and self-care in our lives.

This doesn't necessarily mean taking a vacation or a spa day. Rather, it means intentionally setting aside time to care for ourselves and connect with God, whether through prayer, meditation, or simply quiet reflection.

So today, I encourage you to follow Jesus' example and take time to rest and recharge. Take the next few minutes to enjoy this quiet time or a whole day devoted to self-care to prioritize your own physical, emotional, and spiritual health. As you do so, may you find renewed strength and energy to face the challenges of today, knowing that you are loved and valued by God.

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**Affirm With Me:** I choose to prioritize my rest and self-care without feeling guilty



## Day 9

### 2 Corinthians 12:9

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.



Sometimes we find ourselves in places that we'd never thought we'd be in or life just catches us by surprise. Rest assured that no matter the situation we find ourselves in that God's Grace is sufficient for us.

Paul found himself pleading to the Lord three times to remove whatever was causing him great pain or discomfort. The Lord replied "My Grace is sufficient for you, for my strength is made perfect in weakness."

When we feel overwhelmed by the challenges of life, it can be tempting to rely on our own strength and abilities. But as we turn to God and trust in His grace, we can experience a deep sense of rest and peace, knowing that He is always with us and will provide for our every need.

Trust in His grace and know that He is more than able to carry you through whatever challenges you may face. Let us allow the issues of life to guide us to the shelter of God. In his shelter he has a portion of Grace that is just for you.



Affirm With Me: I find rest and renewal in His loving arms, when I allow His grace to sustain me.



## Colossians 3:15

Let the peace of Christ rule in your hearts,  
since as members of one body you were called  
to peace. And be thankful.



As we trust in Jesus and follow His example, we can experience a deep sense of rest and calm in the midst of life's storms, when we let the peace of Christ first rule in our hearts.

It's easy to get caught up in the busyness and chaos of our daily lives, but when we make a conscious effort to seek His peace, everything else falls into place. We can approach each day with a sense of calm and confidence, knowing that we are loved and valued by our Heavenly Father.

So today, I encourage you to take a moment to breathe deeply and invite the peace of Christ into your heart. Remember that you are not alone, and that God is with you always, guiding and sustaining you through every moment of your life. May His peace fill your heart and soul, and may you find rest and renewal in His loving embrace. Amen.



Affirm With Me: I invite the peace of Christ  
into my heart.



## Day 11

### John 14:27

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."



In a world filled with noise, demands, and uncertainties, finding true peace seems elusive. Yet, our Savior's words echo through the chaos: "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you" (John 14:27). This invitation calls for women everywhere to rest in God's unmatched peace, which surpasses all understanding.

As women, we often carry the weight of responsibilities, expectations, and worries. However, Jesus lovingly commands us, "Let not your heart be troubled, neither let it be afraid." These powerful words invite us to surrender our anxieties and embrace His peace. In the midst of busyness and trials, let us intentionally seek moments to rest in His presence. We have a Heavenly Father who deeply cares for us and longs to provide a peace that the world cannot give. As we lay our burdens at His feet, we can experience His unwavering peace that guards our hearts and minds. May we, as women, find strength and serenity in surrendering to God's abiding peace, allowing it to permeate every corner of our lives.



**Affirm With Me:** I release my burdens and worries to God and take hold of His peace.



## Day 12

### Psalms 91:1-2

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."



When we learn to rest, we unlock the energy needed to face the battles that rage within and around us. With unwavering faith, we boldly declare, "The Lord is my refuge and my fortress, my God, in whom I trust." This declaration becomes our shield against adversity and our pathway to victory. Let me leave you with this powerful truth: Rest is not a luxury; it is a necessity. It holds the key to unlocking the fullness of who we are meant to be. In moments of stillness and communion with our Heavenly Father, we find renewal, clarity, and the strength to overcome.

Embrace the precious gift of rest. Allow it to reset your life, reclaiming your position of trust in God. In His presence, your faith will be rejuvenated, and you will emerge as a warrior, ready to impact your world with love, grace, and unwavering faith. May you find deep rest in the presence of God, rejuvenating your soul and empowering you to face life's challenges. Let this rest serve as a reminder of your reliance on Him, strengthening your faith. Embrace the gift of rest, for it is in surrendering to God's embrace that we find true strength and purpose.



**Affirm With Me:** I am able to receive God's rest as a gift and not just a reward for my hard work.



## Day 13

### Psalms 23:2

He makes me lie down in green pastures. He leads me  
beside still waters. He restores my soul. He leads me in  
paths of righteousness for his name's sake



In the midst of life's demands and busyness, Our good shepherd invites us, to find rest in His loving presence. As we meditate on this verse, we are reminded of the gentle care and guidance that our Heavenly Father provides. Just as a shepherd leads his sheep to rest in lush pastures, God leads us to places of peace and refreshment. He knows the weariness of our souls and tenderly guides us beside still waters, offering us moments of serenity and rejuvenation. In these moments, our weary hearts can find renewal and restoration,

God's leading is not limited to physical rest and refreshment; He also guides us on paths of righteousness. He directs our steps, ensuring that our actions align with His will and purpose.

Through His guidance, we are not only restored but also transformed, becoming reflections of His righteousness and grace in the world. Today, let us cast our burdens and enter into God's rest. Let us trust in His loving guidance, knowing that He leads us along the paths that bring honor to His name. May we allow Him to restore our weary souls and lead us into a life that reflects His righteousness.



Affirm With Me: I surrender my need for  
control and trust In God's perfect plan.



May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



In the midst of life's uncertainties, God offers us, a place of rest and refuge in Him with unwavering faithfulness. Our Heavenly Father, the God of hope, desires to fill every aspect of our lives with His abundant joy and deep peace. As we place our trust in Him, surrendering our worries and anxieties, He infuses our hearts with an uncontainable hope that springs forth from His Holy Spirit.

This divine hope is not mere wishful thinking; it is a confident assurance in God's promises. It anchors us in times of uncertainty, strengthens us in moments of weakness, and enables us to face life's challenges with unwavering faith.

When we rest in God, allowing His hope to permeate our beings, our lives become a testimony of His faithfulness. Through our lives, we reflect the transformative power of trusting in God, drawing others to experience the rest and hope found in Him. Today, let us quiet our hearts and enter into God's rest. Trusting in His promises, may we open ourselves to receive His joy and peace in abundance. As we rest in His presence, may our lives overflow with hope, shining brightly in a world that longs for the assurance and comfort that can only be found in our loving Heavenly Father.



**Affirm With Me:** I receive God's joy that is only found in Him.



## Hebrews 4:9

So there is a special rest still waiting for  
the people of God.



We often find ourselves striving to meet expectations – whether in our careers, families, or even spiritual lives. Thankfully, God's rest invites us to release the burden of self-effort. In a world that often measures our worth by what we achieve, God's rest whispers a different truth. Our salvation isn't earned by our striving; our worthiness isn't proven through constant work. Instead, this gentle invitation asks us to lay down our burdens and trust in the completed work of Christ.

Picture a serene oasis where you can finally lay aside your worries and striving. That oasis is God's rest. It's a place of soul-level rejuvenation where you don't need to prove yourself. The rest God offers is a reminder that He sees your heart, and His love for you isn't based on what you accomplish.

Heavenly Father, today we lay down our burdens of self-effort at Your feet. Thank You for reminding us that our worth isn't tied to our achievements. Help us embrace the rest found in Christ's finished work. In moments of weariness, draw us into Your arms of love where we find true rest for our souls.



**Affirm With Me:** I release the weight of self-effort and embrace the rest that Christ offers.





# RESET *Her* JOURNAL

In our world today, many women are facing challenges that make finding a moment of true rest seem difficult. But there's a beautiful idea: by connecting with God, we can "reset" ourselves and find the rest we long for. Rachel Darden takes a special look at different parts of the Bible, showing how these words can help women discover this reset through meditation on scripture.

Think of it as finding a soothing pause button amid life's rush. Rachel Darden acts as a guide, helping revealing scriptures that can bring deep comfort. This devotional is an open invitation to experience a genuine and lasting sense of peace – a kind that only blossoms when we cultivate a close relationship with God.