

## Bible Break

By Courtney Still

Whether you are a college student, in military service, unemployed, or part of the working world, sometimes you just need a break from stressful and tiring days. Why not ask God to be there with you while you take a breather?

### For

Young Adult

### Season

Winter

### Needed

Bible, paper, pen, snack food/music/pillow



### Prepare in Advance

- Plan for your break. Schedule a daily time of reflection combined with your favorite way to de-stress, or plan a longer time once a week.
- Choose one of the following Bible verses:

My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken (Psalm 62:1-2).

The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake (Psalm 23:1-3).

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).

In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me (Psalm 31:1-2).

- Write your chosen verse on a piece of paper and tape it to the bag of chips you plan to snack on, or on your pillow if you just want to rest, or next to a music player if you want to relax with some tunes.

### Experience

1. Stop whatever you are doing and take a break for at least 5 minutes.
2. Find the snack food, music, or other items for your break that you prepared earlier.
3. Take time to do what you would usually do on a break, but at some point read the Bible passage, say a prayer, let God be a part of your quiet time.
4. Pray for what is left of your day or the work you have ahead of you before.
5. If you want to be reminded of your time with God during the remainder of your day, take the Bible passage and tape it on something you're using or set it near you. You could even pass it on to a roommate or friend.

## Consider

- Think about how you felt before, and then after, your break.
- Compare this break with other breaks you've taken. Are there noticeable differences in how you feel or how you approach the remainder of your day?
- Challenge yourself to continue this ritual as often as you can. Try to make it a part of your schedule.

## Pray

*Dear God, remind me how you are always with me. Even if I don't take the time for you, you take the time for me. Help me to acknowledge you in every area of my life. Help my time spent be for you and through you. Thank you for the rest you provide and the calming pause you bring to my busy day. Amen.*

