



## Reflect on your striving

How often do you find yourself striving after the successes of this world rather than spending time with God your creator? Why do you think you strive after one more than the other?

Have you ever experienced burnout? What was your response to it?

How does your level of perceived success in life contribute to how you think God views you?

What are some tangible ways you might let go of your daily striving and instead spend that time with God?

## Pray

Heavenly Father, it's so easy to get swept up in the comparison and the striving—this world demands my hurry and stress every day. Thank You for giving us the gift of Your Son, Jesus, so that I may stay connected to You—as the source of my comfort and strength—every day. Thank You, God, for what you say in the Scriptures that reminds me where my worth truly comes from. Above all else, I am Your daughter, and there is nothing that I can do to earn Your love. Slow me down when I get too busy to remember Your miraculous, everlasting love for me.



## More to Explore

This reading plan from Our Daily Bread Ministries encourages you to make space for the gift of God's rest as you take time to pause and enjoy the blessings God continues to work out in your life.



SCAN THE QR CODE TO START READING

