

5-Day Bible Reading Plan and Devotional Guide: Active Rest
From Pathway's Message on Sunday - Finding Rest | Amber Hooper

Day 1: The God Who Rests Models Rest for Us

Reading: Genesis 2:1-3

Devotional: God did not rest because he was tired. He rested because the work was complete, and he wanted to establish a pattern for those he created. When God paused on the seventh day, he was not stepping away from his creation in neglect. He was demonstrating that rest is not the absence of purpose but an expression of it. If the Creator of all things built rest into the rhythm of existence, then rest is not laziness or wasted time. It is obedience. Consider today whether you have been treating rest as a reward you must earn rather than a gift God has already given you.

Day 2: Solitude as Spiritual Discipline

Reading: Mark 1:29-35

Devotional: Jesus had just finished a full day of preaching, healing, and ministry. The whole town had gathered at the door seeking him. Yet before the next day's demands could find him, he rose while it was still dark and withdrew to a solitary place to pray. This was not accidental. It was intentional. Jesus understood that sustained ministry flows from sustained connection with the Father. The noise of life, even good and meaningful noise, can crowd out the voice of God if we are not deliberate about creating silence. Ask yourself where your solitary place is and whether you are protecting it.

Day 3: Rest That Receives Direction

Reading: Luke 6:12-16

Devotional: Before making one of the most consequential decisions of his earthly ministry, choosing the twelve apostles, Jesus spent the entire night alone in prayer on a mountainside. He did not consult a committee. He did not rely solely on his own judgment. He withdrew and sought the Father. This is a striking model for how believers should approach major decisions. The clarity we desperately seek in confusing seasons is often waiting for us in the quiet place we keep avoiding. Time spent resting in God's presence is not time taken away from solving your problems. It is the very place where solutions are revealed.

Day 4: Rest That Prepares Us for Hard Things

Reading: Matthew 26:36-46

Devotional: Gethsemane was not peaceful. It was agonizing. Yet Jesus returned to prayer three separate times, each time surrendering his own preference to the will of the Father. This was not a man who had just discovered prayer in a crisis. This was a man whose entire life had been shaped by consistent, solitary communion with God. That foundation of practiced rest made it possible for him to act when the moment demanded everything. The habits of rest we build in ordinary seasons become the anchors that hold us in extraordinary ones. Do not wait for the hard moment to begin the practice of resting in God.

Day 5: Active Rest as Preparation for Action

Reading: Isaiah 40:28-31

Devotional: Isaiah describes a God who does not grow tired or weary, and who gives strength to the exhausted. The promise here is not that God will simply observe our fatigue with sympathy. He renews. He restores. He lifts. But the posture described is one of waiting on the Lord, which is not passive resignation but active, expectant trust. Rest in God is not the stopping point. It is the launching point. As individuals and as a church community, the action God calls us toward flows out of the renewal that only he can provide. Rest deeply so that when the moment comes, you are ready to rise and move.