



5 DAY DEVOTIONAL

Sermon: Find Rest In Jesus

SPEAKER: REV. CHRIS SMITH | 10/5/2025 | PAGE 1 OF 5

Day 1: You Are Not Enough (And That's Okay)

Devotional: Have you ever felt like you're running on empty, trying to keep up with life's demands but falling short? That nagging feeling that whispers "you're not enough" isn't just in your head—it's a universal human experience. We live in a world that constantly tells us to do more, be more, achieve more, yet deep down we know our limitations all too well. This feeling of inadequacy isn't a character flaw; it's actually pointing us toward a profound truth. We weren't designed to carry life's burdens alone. When we acknowledge our limitations, we're not admitting defeat—we're opening the door to something far greater than our own strength. Think about the last time you felt overwhelmed. Maybe it was at work, in a relationship, or facing a difficult decision. That moment when you realized you didn't have all the answers wasn't your weakness showing—it was your humanity. And in that humanity lies the beginning of hope. God never intended for us to navigate life's challenges in isolation. Our insufficiency is actually the perfect setup for His sufficiency. When we stop pretending we have it all together and start acknowledging our need for help, we position ourselves to receive the rest and strength that only comes from above. Today, instead of fighting against your limitations, consider embracing them as an invitation to something better.

Bible Verse: "Come unto me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me. For I am gentle and lowly in heart and you will find rest for your souls. For my yoke is easy and my burdens lie." - Matthew 11:28-30

Reflection Question: What areas of your life are you trying to handle completely on your own, and how might acknowledging your need for help actually be a step toward strength rather than weakness?

Quote: We live in a world that is a weary world. We live in a. We're really not enough. Within ourselves, we're not enough. We have all experienced not being enough.

Prayer: Lord, it's hard to admit that I'm not enough on my own. Help me to see my limitations not as failures, but as opportunities to depend on Your strength. Give me the courage to stop trying to do everything myself and to trust in Your provision. Amen.

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Day 2: The Invitation to Rest

Devotional: Jesus doesn't just acknowledge our weariness—He offers a solution. His invitation isn't conditional on our performance or dependent on how well we've managed life. It's extended to all who are weary and heavy-laden, which includes every single one of us. But what does it mean to "come" to Jesus? It's more than just a one-time prayer or church attendance. Coming to Jesus is an ongoing, daily choice to turn toward Him instead of relying solely on our own understanding and strength. It's recognizing that the rest He offers isn't just a quick fix, but a fundamental shift in how we approach life. This rest isn't about escaping our responsibilities or avoiding life's challenges. Instead, it's about finding a deep, soul-level peace that sustains us even in the midst of difficulties. It's the kind of rest that allows us to sleep peacefully even when tomorrow holds uncertainties, and to face challenges with confidence because we know we're not facing them alone. Jesus describes Himself as "gentle and lowly in heart." This isn't weakness—it's strength under control. He's not a harsh taskmaster waiting to criticize our failures, but a gentle guide who understands our struggles because He's walked this earth and experienced human limitations Himself. The rest He offers is available right now, not after you get your life together or solve all your problems.

Bible Verse: "Come unto me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me. For I am gentle and lowly in heart and you will find rest for your souls. For my yoke is easy and my burdens lie." - Matthew 11:28-30

Reflection Question: What would it look like practically for you to "come" to Jesus today with your current burdens and worries?

Quote: We can have rest for the soul. That's what Jesus said. Come unto me.

Prayer: Jesus, thank You for Your gentle invitation to find rest in You. Help me to truly come to You with all my burdens, not just the ones I think are "spiritual enough." Teach me what it means to find rest for my soul in the midst of life's demands. Amen.

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Day 3: Putting Down the Distractions

Devotional: In our hyperconnected world, finding rest often requires intentional disconnection. Our phones buzz with notifications, our minds race with endless information, and our souls struggle to find quiet in the chaos. Sometimes the most spiritual thing we can do is put down our devices and step outside. Distraction has become our default mode. We scroll through social media when we're anxious, binge-watch shows when we're lonely, and fill every quiet moment with noise. But in doing so, we often drown out the very voice we most need to hear—the voice of God speaking peace to our weary souls. Jesus often withdrew to quiet places to pray, and He invites us to do the same. This isn't about becoming a hermit or abandoning technology altogether. It's about creating intentional space for God to speak into our lives. When we step away from the constant input of the world, we create room for divine input. Consider the last time you took a walk without your phone, sat in silence without background noise, or simply looked up at the sky without documenting it for social media. These simple acts of disconnection can become profound moments of connection with God. God is still speaking, but His voice is often gentle and quiet. In a world that shouts for our attention, we must intentionally create space to hear His whisper.

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Reflection Question: What distractions in your life might be preventing you from hearing God's voice, and what would it look like to intentionally create quiet space in your day?

Quote: It may look like putting down our electronic device and step away from all those things that are grabbing your attention and just take a walk outside and just say, lord, speak to me like you did Isaiah.

Prayer: Father, help me to recognize the distractions that pull me away from You. Give me the discipline to create quiet spaces where I can hear Your voice. Teach me to find You in the stillness and to value Your presence above the noise of the world. Amen.

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Day 4: Casting Off Worry

Devotional: Worry has become so normal in our culture that we almost feel naked without it. We worry about our finances, our relationships, our health, our future—and somehow we've convinced ourselves that this constant anxiety is just part of being a responsible adult. But Jesus has a different perspective: "Do not worry." This isn't a suggestion or a nice idea for people with easy lives. It's a command from the One who sees the full picture of our lives and knows exactly what we're facing. When Jesus tells us not to worry, He's not being dismissive of our real concerns—He's offering us a better way to handle them. Worry is exhausting. It drains us physically, emotionally, and spiritually, yet it never actually solves our problems. Instead, it keeps us trapped in cycles of anxiety that rob us of peace and prevent us from thinking clearly about solutions. Worry makes us focus on what we can't control while neglecting what we can. Putting away worry doesn't mean becoming careless or irresponsible. It means transferring our concerns from our limited shoulders to God's unlimited strength. It means choosing to trust that the God who created the universe is capable of handling the details of our lives. This is a daily choice, sometimes a moment-by-moment choice. Each time worry tries to take hold, we can choose to cast that care on Him instead.

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Reflection Question: What specific worries are you carrying today that you could choose to cast on God instead of carrying them yourself?

Quote: Casting all your care on him because he cares for you. All your care on him because he cares for you. That's small cares, that's big cares. And in between cares seemingly insignificant to somebody else.

Prayer: Lord, You know the worries that keep me up at night and the anxieties that follow me through my days. Help me to truly cast these cares on You, trusting that You care for me more than I can imagine. Replace my worry with Your peace. Amen.

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Day 5: Yoked Together

Devotional: When Jesus invites us to take His yoke upon us, He's not asking us to carry a heavier burden—He's inviting us into partnership. A yoke connects two animals so they can work together, sharing the load and moving in the same direction. When we're yoked with Jesus, we're no longer pulling life's weight alone. This partnership changes everything. Suddenly, the impossible becomes possible because we're not relying solely on our limited strength. The problems that seemed insurmountable become manageable because we have access to infinite wisdom and power. The future that looked uncertain becomes hopeful because we're walking with the One who holds tomorrow. Being yoked with Christ means we move at His pace, follow His direction, and share His strength. It means we're never alone in our struggles, never without help in our difficulties, and never without hope in our darkest moments. This isn't about losing our identity—it's about finding our true purpose and potential. Remember, God is never without answers and never without provision. The challenges you're facing today aren't too big for Him, and the dreams He's placed in your heart aren't too small for His attention. When you're yoked with Jesus, all things become possible. No matter where you've been or how far you've wandered, His arms remain open wide to welcome you home. This partnership is available to you right now.

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Reflection Question: In what areas of your life do you need to stop trying to go it alone and instead invite Jesus to share the load with you?

Quote: Within myself. I'm not enough. But when I'm yoked up with Jesus, we can do all things through who? Through Christ. That gives us strength.

Prayer: Jesus, thank You for inviting me into partnership with You. Help me to stop trying to carry life's burdens alone and to trust in Your strength and wisdom. Teach me to move at Your pace and follow Your direction. I want to be yoked with You. Amen.

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