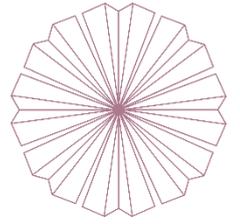


SACRED REST



The 7 Types of Rest

Type of rest	Practical tips I can apply to encourage this type of rest
Physical	
Spiritual	
Mental	
Emotional	
Social	
Sensory	
Creative	

9 SCRIPTURES TO PRAY WHEN OVERWHELMED

BY SAUNDRA DALTON-SMITH

[ichoosemybestlife.com/9-scriptures-pray-when-you-feel-overwhelmed](https://www.ichoosemybestlife.com/9-scriptures-pray-when-you-feel-overwhelmed)

If you are feeling overwhelmed and overcome by fatigue, practice praying scripture as a way to restore your mind and your spirit. You will find your body will have an easier time unwinding and relaxing once your mind is calm and your spirit refreshed.

Scriptures have been adjusted to be an intimate first-person statement. If you would like to see the actual scripture in context, we have provided the verse reference.

- The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? *Psalm 27:1*
- I can cast all my anxieties on Him because He cares for me. *1 Peter 5:7*
- As I wait on the Lord, He will renew my strength; I shall mount up with wings like eagles; I shall run and not be weary; I shall walk and not faint. *Isaiah 40:31*
- I will be strong in the Lord and in His mighty power. *Ephesians 6:10*
- It is the Lord who goes before me. He will be with me; he will not fail me or forsake me. I do not need to fear or be dismayed. *Deuteronomy 31:8*
- When I cry for help, the Lord hears me and rescues me from all my troubles. *Psalm 34:17*
- The Lord is my hiding place; He will protect me from trouble and surround me with songs of deliverance. *Psalm 32:7*
- God's grace is sufficient for me because His power is made perfect in my weakness. *2 Corinthians 12:9*
- The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. *Psalm 28:7*

