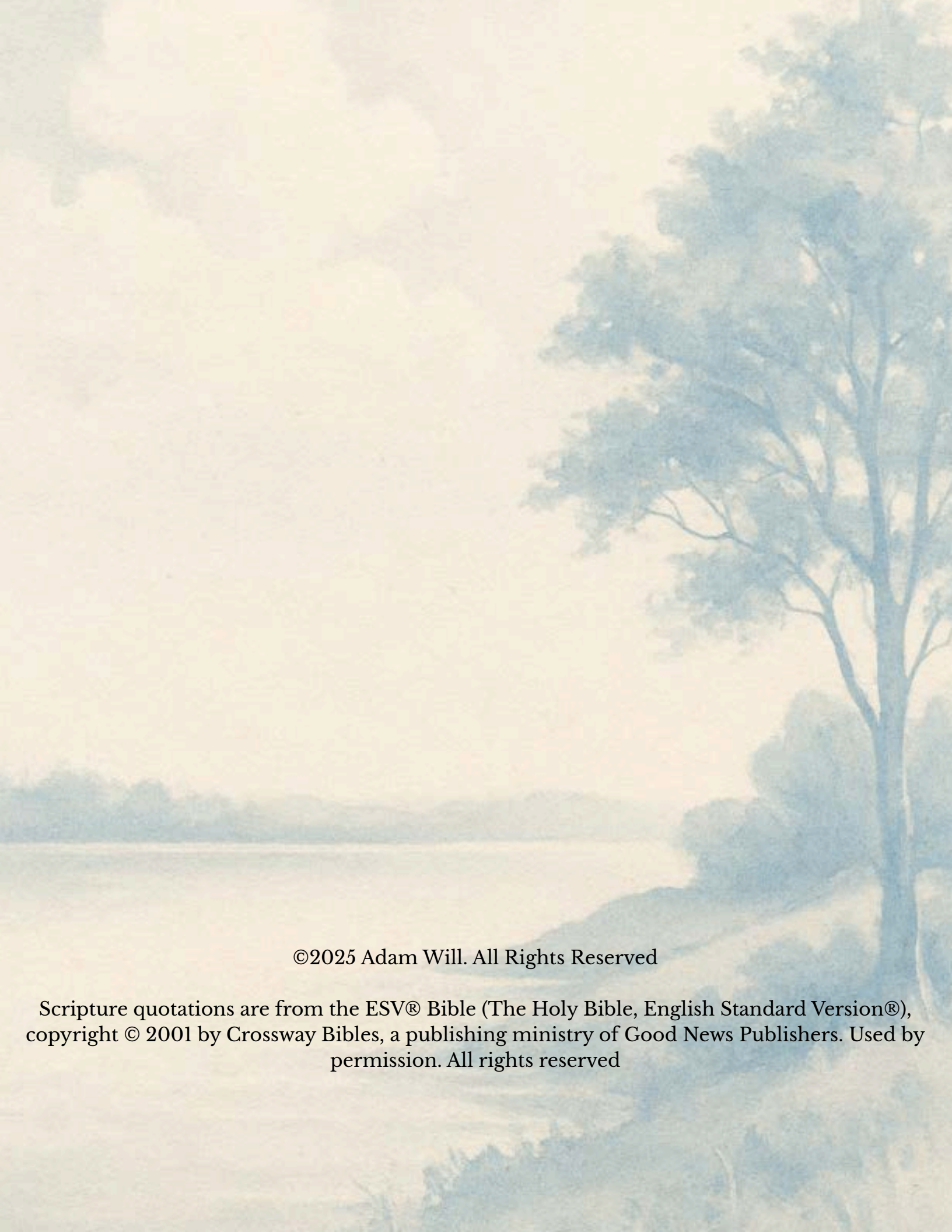


# Still Waters

7 Days of Rest for Weary Souls

ADAM WILL





©2025 Adam Will. All Rights Reserved

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved



# Introduction

**We weren't made to live burnt out and bone-tired. But if we're honest, that's where a lot of us are.**

**Life pulls hard. Work piles up. Kids need fed, hearts need healed, and everything feels loud—inside and out. We keep going because we have to... until one day we realize we don't even know how to stop.**

**This little devotional isn't about fixing you. It's not seven steps to being a better Christian. It's not even all that fancy. It's just a place to catch your breath.**

**Each day, you'll find a short Scripture, a simple thought, a prayer, and a small moment of rest. Nothing big or flashy. Just space to be still.**

**You're invited to show up as you are—tired, distracted, overwhelmed, or doubting. Jesus isn't waiting for you to be put together. He's offering rest for your soul, right here, right now.**

**So pour the coffee. Let the dishes sit for a bit. Step outside if you can. And let the Shepherd lead you beside still waters.**

**He's not in a hurry. And He's not disappointed in you. He just wants to be with you.**

**Let's begin.**

**— Pastor Adam**



## Day 1 – He Restores My Soul

### Psalm 23:2–3a (ESV)

*“He makes me lie down in green pastures. He leads me beside still waters.  
He restores my soul...”*

God doesn't ask sheep if they feel like resting. He leads them there. Sometimes, He even makes us lie down—because He knows what we need, even when we don't.

Let's be honest: we're not great at rest. We push ourselves, overextend, and then beat ourselves up for not being enough. But your limits aren't a flaw—they're a feature. They're built-in reminders that you're not the Shepherd.

Maybe your body is tired, but your soul is even more exhausted. Maybe you're bone-weary in a way that sleep won't fix. You're not failing—you're just human. And this moment? This is your green pasture. God isn't rolling His eyes at your burnout. He's offering rest. Not just physical, but soul-deep rest. That kind of rest only comes when you let go of the wheel and trust the One who leads you beside still waters. You're not the hero of your own story—Jesus is. You're the sheep. He's the Shepherd. And He's got you.

### **Prayer:**

Lord, I've been running hard. Honestly, I don't even know how to stop. Help me receive Your rest—not just collapse from exhaustion, but actually rest in You. Slow my anxious thoughts. Lead me beside still waters and restore what's been lost. Amen.

### **Moment of Rest:**

Sit in silence for 3 minutes. Breathe deeply. Imagine Jesus beside you—no pressure, no expectations. Just Him, sitting with you, saying nothing. Let His presence be enough.



## Day 2 – Come to Me

### Matthew 11:28-30 (ESV)

*“Come to me, all who labor and are heavy laden, and I will give you rest.”*

Jesus didn't say, “Come to me once you've figured it all out.” He didn't wait for us to be cleaned up, pulled together, or spiritually impressive. He invites the burdened, the burned out, the anxious—and that includes you.

You don't have to bring polished prayers or well-formed plans. Just bring your tired body, messy mind, and overwhelmed spirit. Come with your baggage, your doubts, your questions. Jesus isn't standing at the door with arms crossed—He's standing with arms wide open.

Rest isn't found in escaping your responsibilities. It's found in returning to Jesus. He knows how heavy life can get. He knows what it's like to be worn thin. And He doesn't just offer sympathy—He offers Himself.

When you're weary, Jesus doesn't hand you a to-do list. He hands you rest.

### **Prayer:**

Jesus, I'm worn down and stretched thin. I don't have the answers. I don't even have a plan. But I come to You. Carry me today. Be the rest I can't find on my own. Amen.

### **Moment of Rest:**

Whisper to Jesus what's heaviest on your heart right now—out loud or in your mind. Don't dress it up. Just be honest.



## Day 3 – Be Still

### Psalm 46:10 (ESV)

*“Be still, and know that I am God.”*

Stillness is more than stopping your body—it’s unclenching your soul. It’s pausing the inner monologue, the spiraling thoughts, the urge to control everything. It’s stepping back and letting God be God.

We don’t just struggle with noise—we struggle with needing to fix, manage, and plan our way out of every situation. But some of the most holy moments happen when we simply stop. When we resist the temptation to fill the silence and instead embrace it.

God isn’t asking you to be impressive. He’s asking you to be still.

So today, just try this: don’t fill the silence. Don’t rush the quiet. Let it linger. You might just find God is there—already working, already speaking.

### **Prayer:**

God, I keep trying to hold everything together. I’m not good at being still. But You are God, and I am not. Teach me to release control. Teach me to rest in who You are. Amen.

### **Moment of Rest:**

Step outside if you can. Look at the sky, a tree, a flower—something God made. Observe it. Don’t analyze it. Just take it in.



## Day 4 – My Strength Fails

### Psalm 73:26 (ESV)

*“My flesh and heart may fail, but God is the strength of my heart and my portion forever.”*

You don't have to pretend to be strong. In fact, pretending might be what's wearing you out the most. The Psalmist says plainly, “My heart may fail.” He's not sugarcoating it. Neither should you.

God doesn't require strength from you—He offers it to you. He doesn't love you more when you hold it together. He meets you in the unraveling.

And when everything feels like it's falling apart, that's often where you realize He's holding you tighter than you thought. His strength isn't just a backup when you run out of yours—it's the real source. Always has been.

He is enough. Even when you feel like you're not.

### **Prayer:**

Father, I'm tired. I'm trying so hard to hold it all together, but I feel like I'm crumbling inside. Be my strength today. Fill the places in me that feel empty. Amen.

### **Moment of Rest:**

Put your hand over your heart. Breathe in: “You are my strength.”

Breathe out: “I trust You.”

Repeat slowly, three times.



## Day 5 – Wait for the Lord

### Isaiah 40:31 (ESV)

*“But they who wait for the LORD shall renew their strength...”*

Waiting on the Lord isn't passive—it's active trust. It's holding space for hope. It's choosing to believe He's still working, even when you don't see progress.

Most of us hate waiting. We want answers now, fixes now, resolution now. But God often works in the unseen, in the slow, in the sacred silence. And the waiting? That's where faith is forged.

You don't have to fake it. You don't have to “feel strong.” Your strength is renewed, not because you're powering up—but because He is pouring in.

### **Prayer:**

Lord, I don't like waiting. I want things resolved. But I want You more. Help me wait with hope. Help me trust that You are renewing me, even when I can't see it. Amen.

### **Moment of Rest:**

Write down one thing you're waiting on. Fold it. Place it in your Bible or journal. Pray over it—briefly but honestly—each day.



## Day 6 – Cast Your Cares

### 1 Peter 5:7 (ESV)

*“Cast all your anxieties on Him, because He cares for you.”*

God doesn't just tolerate your worries—He welcomes them. You don't earn spiritual points by carrying it all on your own. That's not strength—that's stubbornness.

He says, “Cast it.” Not “politely hand it over” or “mention it if you get a chance.” Fling it. Toss it. Let it go with full abandon. Why? Because He cares for you.

Not just for your faith. Not just for your obedience. For you. The real, tired, anxious you.

And when you truly start casting your cares, you'll feel something surprising: relief. Because you were never meant to carry it all.

### **Prayer:**

Jesus, I'm holding onto more than I can carry. Some of it I've held for too long. I release it to You—not because I'm strong, but because You care. And I trust that. Amen.

### **Moment of Rest:**

Write down 3 things that are stressing you out. Say them aloud to God. Then tear the paper up and throw it away.



## Day 7 – I Am With You Always

### Matthew 28:20 (ESV)

*“... And behold, I am with you always, to the end of the age.”*

Jesus never promised an easy road. But He promised His presence every step of the way. That promise still stands—through stress, sorrow, and silence.

Even when you can't feel Him. Even when you mess up. Even when your faith feels paper-thin. He is with you.

And that's enough to keep going. That's enough to rest in. The Shepherd hasn't lost you. He hasn't stepped away. He hasn't changed His mind about you.

So today, don't try to impress Him. Just be with Him. He's already chosen to be with you.

### **Prayer:**

Jesus, thank You for being with me—not just when I'm strong, but especially when I'm weak. Help me sense Your nearness today. Remind me I'm never alone. Amen.

### **Moment of Rest:**

Look back on the last week. Where did you sense God's nearness? Even in something small—someone's words, a quiet moment, a breath of peace? Let gratitude grow from there.



# After the Waters: A Word as You Go

**If you made it through these seven days—whether you read every word or just a few—I'm proud of you.**

**You took time to slow down. To be still. To sit with Jesus in the quiet. That may not seem like much, but in a world that glorifies busyness, it's a deeply spiritual act.**

**The still waters won't always feel close. Life will ramp back up. The noise will return. But now you know the way back. And more importantly, you know that the Shepherd is still with you—every step, every stumble, every breath.**

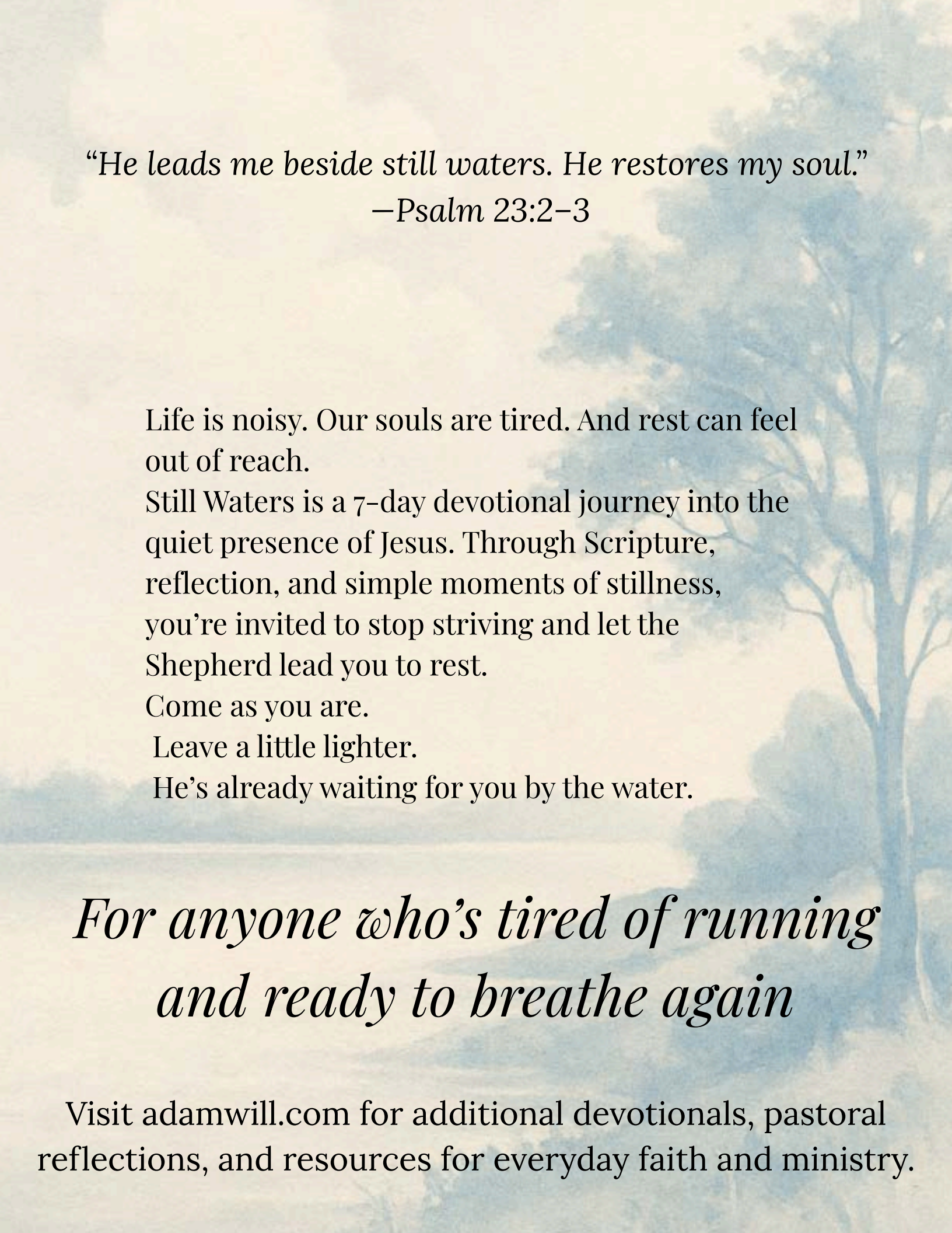
**You don't have to earn His presence. You're not chasing His approval. He's not waiting at the finish line—He's walking with you right now.**

**So when your soul gets weary again (and it will), don't beat yourself up. Just come back. Open the Word. Breathe. Be still. He'll meet you there.**

**Still waters are never far. Just a few deep breaths away.**

**—Adam**





“He leads me beside still waters. He restores my soul.”

—Psalm 23:2–3

Life is noisy. Our souls are tired. And rest can feel out of reach.

Still Waters is a 7-day devotional journey into the quiet presence of Jesus. Through Scripture, reflection, and simple moments of stillness, you're invited to stop striving and let the Shepherd lead you to rest.

Come as you are.

Leave a little lighter.

He's already waiting for you by the water.

*For anyone who's tired of running  
and ready to breathe again*

Visit [adamwill.com](http://adamwill.com) for additional devotionals, pastoral reflections, and resources for everyday faith and ministry.