

LENTEN DEVOTIONAL | WEEK 3

AN INVITATION TO REST



Jesus said to them,
“Come with me by
yourselves to a quiet
place and get some rest.”
— Mark 6:31a

**“You prepare a table before me in
the presence of my enemies.
You anoint my head with oil; my
cup overflows.**

**Surely your goodness and love will
follow me all the days of my life,
and I will dwell in the house of the
Lord forever.”**

Psalm 23:5–6

Quiet.



Take a moment and think about what brings you rest. Are there people that come to mind? Activities? Specific items in your home? A favorite morning ritual or a song? Write it down! Imagine God preparing a table especially for you, filled with every single thing on your list. What is the first thing you would reach for? Linger at this table. Take a few minutes and journal about it. Be reminded this week of Christ's never-ending care for you.

O Christ, my Shepherd, help me remember that your care and refreshment are available to me always. When the enemies of this world surround me and discourage my heart, may I remain confident that your goodness will follow me. Teach me to rest in the knowledge of your unfailing love, poured out for me. Amen.

Quiet.



May the Lord bless you
and keep you, the Lord
make his face shine on you
and be gracious to you; the
Lord turn his face toward
you and give you rest.

