

Incredible Rest

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Incredible Rest

*A Biblical Field Guide for the Man Who Has
Forgotten How to Stop*

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INTRODUCTION

The Myth of the Tireless Man

Let me say this clearly before we go any further: I have nothing against work. Work is good. It was God's idea, handed to Adam before sin ever entered the picture. This is not a book against working hard.

But somewhere between the assembly line and the smartphone in your pocket, something hijacked it. For most of human history, work bent around the rhythms of sunlight, seasons, and Sabbath. Then the factory whistle showed up, and the clock — not the sun, not God — started running the day. Men were taught to grind, and quietly trained to feel guilty for resting, like a machine that dared to ask for a day off.

We never fully recovered. Walk into any gym, any office, any group of men, and listen. We brag about how little we sleep. We one-up each other on how busy we are, like exhaustion is a trophy instead of a warning light. ***"I haven't taken a day off in three months."*** Said with pride. Nobody flinches.

We are, in effect, glorifying the sin of refusing the Sabbath — wearing it like a badge of honor instead of confessing it like the disobedience it actually is.

Most men measure their worth by how much they can carry without putting it down. Hustle. Grind. Never stop. Somewhere along the way, exhaustion became a badge of honor and rest got filed under laziness.

But rest was never God's afterthought. It was His idea — built into creation itself, written into the rhythm of every day before man ever lifted a finger to work.

The word *sabbath* comes from the Hebrew *shabbat* — "to cease, to stop, to rest." It isn't the absence of productivity. It's a declaration of trust: that the world will not fall apart, your family will not fall apart, and you will not fall apart if you stop long enough to breathe.

Here's a question worth sitting with before we go any further:

Are you resting — or are you just collapsing?

There's a version of "rest" that looks like staring at a screen until your eyes burn, or numbing out because you're too depleted to do anything else. That isn't rest. That's just the body shutting itself down because you never gave it permission to stop on purpose.

I know that exhaustion. I have lived inside it.

God's original design for you was never to run on empty until you broke. It was rhythm — work and rest, output and renewal, sowing and stillness — so you could actually enjoy the life He gave you, not just survive it.

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

— Matthew 11:28

That is not a verse for the weak. It's an invitation for the strong man who's finally honest enough to admit he's tired. Let's find out what God actually meant when He built rest into your design.

Come to Me

The Invitation Every Man Ignores

DAY 1

Why Does Rest Require an Invitation?

Jesus spoke those words to a crowd of exhausted men — worn down by religious performance, debt, occupation, and the daily weight of survival.

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

— Matthew 11:28

Notice the verb. Not *collapse*. Not *quit*. **Come**. Rest, in God's design, is not passive escape. It's an active response to a Person who is actually inviting you somewhere.

Most men never accept the invitation because they never noticed it was being extended. They assume exhaustion is just the cost of being a man who takes care of business.

Then Jesus adds something most men skip past:

"Take my yoke upon you... For my yoke is easy, and my burden is light."

— Matthew 11:29-30

A yoke is built for two oxen pulling together — never one. Jesus isn't offering you a lighter load to carry alone. He's offering to carry it *with* you.

"My presence will go with you, and I will give you rest."

— Exodus 33:14

Rest was never a place you find. It's a Person you walk beside.

**JESUS DID NOT SAY, "STOP AND DO NOTHING."
HE SAID, "COME TO ME."**

Is the Sabbath Just an Old Testament Command?

Some men hear *Sabbath* and quietly file it under "Old Testament" — alongside animal sacrifices and dietary laws, something Jesus supposedly retired. But follow that logic all the way through and it gets uncomfortable fast.

"You shall not murder" is an Old Testament command. **"You shall not commit adultery"** is an Old Testament command. Both sit right next to the Sabbath in the same Ten Commandments, carved by the same finger, on the same mountain. —Exodus 20:8-14

Nobody argues those two expired with the old covenant. So why would the Sabbath get a pass?

Here's what actually changed: the **penalty**, not the **principle**. Under the old covenant, violating the Sabbath was punishable by death. —*Exodus 31:14-15*

Under the new covenant, in Christ, that legal penalty is gone. Jesus absorbed it — the same way He absorbed the curse

of every other broken law. But the design didn't disappear just because the death sentence did.

Refuse to rest today and it won't get you stoned at the city gate. **It will just slowly kill you anyway** — through your heart, your mind, your marriage, your body. The Judge stopped sentencing you. The consequence never did.

THE PENALTY FOR BREAKING THE SABBATH CHANGED.

THE CONSEQUENCE NEVER DID.

The Sabbath Was Never Just a Day

"Let no one pass judgment on you... with regard to... a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ."

— Colossians 2:16-17

A shadow points to something solid standing behind it. The Sabbath was never the point. It was always pointing at a Person.

Jesus said it plainly to the religious leaders who'd turned rest into a rulebook: **"The Son of Man is lord of the Sabbath."** —*Matthew 12:8*. Not lord of a rule. Lord of rest itself.

"Come to me... and I will give you rest" isn't a separate, friendlier offer than the Sabbath commandment. **It's the fulfillment of it.** The day was always pointing to Him.

What Is God's Top Ten for Rest?

Over the next seven days, we're going to walk through what I call **God's Top Ten** — the principles He's woven through Scripture about what real rest looks like and how a man actually walks into it.

God's Top Ten for Rest

1. **Come to Him.** Rest starts with a Person, not a place. —*Matthew 11:28*
2. **Take His yoke.** You were never meant to pull alone. —*Matthew 11:29-30*
3. **Seek first His kingdom.** Get the order right and the rest follows. —*Matthew 6:33*
4. **Start with evening.** In God's calendar, rest comes before work. —*Genesis 1:5*
5. **Remember Eden.** Provision came before striving. —*Genesis 2:15*
6. **Gather a day's portion.** Trust Him for today, not a stockpile. —*Exodus 16:4*
7. **Stand still and see.** Some battles were never yours to fight. —*Exodus 14:14*
8. **Delight in Him.** Rest is a relationship, not a rule. —*Psalms 37:4*
9. **Lie down in green pastures.** Let the Shepherd clear the field. —*Psalms 23:2*
10. **Remember the Sabbath.** Keep it holy — and defend it. —*Exodus 20:8*

Rest isn't a single decision you make once. It's a posture you rebuild, day after day, until it becomes who you are instead of something you occasionally schedule.

What is rest, really? It is trusting God enough to stop — not because the work is finished, but because He never asked you to carry it alone in the first place.

DAY 1

Reflection & Response

Slow down before you answer. Don't rush past your own exhaustion.

1. When was the last time you actually felt rested — not just off work, but at peace?

Be specific. If you can't remember, that itself is the answer to how depleted you've become.

2. What "yoke" are you currently carrying alone that Jesus is inviting you to share?

A project, a financial pressure, a family burden, a fear. Name it.

3. What would it actually cost you to stop this week — and what might it cost you if you don't?

Weigh both. Most men only calculate the first.

ACTION STEP

Write down one labor you are currently carrying alone. Pray this out loud: "Jesus, I bring You this. I receive Your invitation. Teach me what real rest feels like."

PRAY

Jesus, I have been laboring under a yoke I was never meant to carry alone. I come to You today. Teach me what real rest feels like.

Evening Before Morning

Rest Was Never the Reward

DAY 2

Why Does God's Calendar Start at Night?

"...And there was evening and there was morning, the first day."

— Genesis 1:5

Every day of creation follows the same order: evening, then morning. Night comes first. Rest comes first. In God's calendar, the day begins with sleep — not with a task list.

Compare that to how most men live: work all day, run on adrenaline, and finally collapse into bed once the body forces the issue. Rest becomes the reward you collect after you've earned it — if there's anything left of you by then.

God's pattern is the exact reverse. **Rest is not the reward for the work. Rest is the runway the work takes off from.**

Adam's very first full day of existence — his first sunrise as a living man — was the seventh day. The Sabbath. Before Adam ever picked up a tool or named an animal, he rested with God.

He didn't earn that rest. He inherited it. It was a gift handed to him before he'd done a single thing to deserve it — and that should tell you something about how God feels about your rest, too.

**GOD'S CALENDAR: REST, THEN WORK.
MAN'S CALENDAR: WORK, THEN COLLAPSE.**

"He rested on the seventh day from all his work." —Genesis 2:2

Adam Worked From Rest, Not For Rest

"The LORD God took the man and put him in the garden of Eden to work it and keep it."

— Genesis 2:15

Notice the order. God didn't tell Adam to work the ground until it produced enough to feel secure. The garden was already flourishing. Provision was already in

place. Adam's job was to steward what was already there — not to manufacture it out of fear that it might not be.

"There remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his."

— Hebrews 4:9-10

That promise didn't expire in Eden. It's still open. The question is whether you've actually entered it, or whether you're still

working *for* security instead of *from* it — trying to earn a rest God already handed you in Christ.

Made for You, Not You for the Rule

Centuries later, religious leaders turned the Sabbath into exactly what God never intended — a performance test, a list of restrictions to police rather than a gift to receive.

When Jesus's own disciples picked grain to eat on the Sabbath, the Pharisees treated it like a crime scene.

Jesus's answer cut straight through it:
"The Sabbath was made for man, not man for the Sabbath. So the Son of Man

is lord even of the Sabbath." —Mark 2:27-28.

Rest was never God's way of testing your obedience through restriction. It was His gift to a man He already loved before that man had done a single thing to earn it — same as Eden. Adam and Eve didn't have to earn the garden's rest. They simply had to trust the God who'd already proven Himself faithful by creating everything *before* He ever created them.

DAY 2

Reflection & Response

This is about your operating system, not your calendar. Get honest.

1. Do you treat rest as something you have to earn, or something God already gave you?

Listen to how you talk about taking a day off. Guilty language reveals the real belief underneath.

2. Where in your life are you working FOR security instead of FROM it?

Name the specific area — finances, career, even your marriage — where you're striving instead of resting in what's already provided.

3. What would change if you started your week with rest instead of ending it that way?

Picture it literally. What would Sunday evening or Monday morning look like if rest came first?

ACTION STEP

Pick one day this week and deliberately begin it with rest — unhurried, unplugged, before any task list touches it. Notice how differently the rest of the day feels.

PRAY

God, You rested before I ever lifted a hand. Teach me to work from the rest You've already given me — not toward a rest I think I have to earn.

The Hustle That Never Sleeps

How the World Stole Your Rest

DAY 3

Why Can't You Stop?

Something in our culture has turned exhaustion into a status symbol. Rise and grind. Sleep is for the weak. If you're not busy, you're behind. Men wear their depletion like a medal — proof that they're serious, that they're winning.

But restlessness is not a personality trait. It's a symptom.

"Cursed is the ground because of you; through painful toil you will eat food from it... by the sweat of your brow."

— Genesis 3:17-19

Before the fall, work was fruitful and unhurried. After the fall, work became anxious striving — never enough, never finished, never safe to put down. That ancient curse didn't just break the ground. It broke our ability to stop.

Restlessness is not God's design. It's the fall's residue.

And Jesus came to reverse exactly this — not just your eternity, but your Tuesday afternoon.

**THE GRIND IS NOT WHO YOU ARE.
IT'S WHAT THE FALL DID TO WORK.**

THE WORLD'S ECONOMY OF TIME

is built on scarcity. *There's never enough hours. Don't stop or you'll fall behind.*

GOD'S ECONOMY OF TIME

is built on trust. *Give Him the day, and He multiplies what's left of it.*

The Bread That Was Only Enough For Today

When God fed Israel in the wilderness, He didn't give them a stockpile. He gave them manna — enough for one day at a time.

"Gather a day's portion every day."

— Exodus 16:4

But on the sixth day, something changed. God told them to gather a double portion ***“because tomorrow is a day of solemn rest, a Sabbath to the LORD... so there will be none on the seventh day.”*** — Exodus 16:23-26

God didn't just allow the Sabbath. He pre-engineered provision around it. He made sure the math worked out so His people

could stop without falling behind.

That's still true. The hours you give to rest are not hours you lose. They're hours God multiplies in the other six — if you'll actually trust Him enough to stop reaching for the seventh.

The Weight of the Curse — What the Grind Is Actually Costing You

This isn't just spiritual poetry. The data backs it up. More than a third of American adults regularly get less than the seven hours of sleep their bodies need, and the CDC links that shortfall directly to higher rates of obesity, diabetes, high blood pressure, heart disease, stroke, anxiety, and depression.

Chronic stress doesn't just feel bad. It measurably ages you. Nobel Prize-winning research from Dr. Elizabeth Blackburn found that mothers carrying chronic stress had telomeres — the protective caps on the ends of your chromosomes — equivalent to nine to seventeen *additional years* of cellular aging compared to low-stress mothers of the same age.

And the toll isn't only physical. A major international study spanning fifty years of data across dozens of countries found that **Monday — not the weekend — is consistently the most dangerous day of the week for suicide**, roughly 15 to 18 percent above any other weekday in most nations researchers studied.

Many men spend Sunday dreading the week ahead. The data suggests where that dread lands hardest: Monday morning.

If you are struggling with thoughts of suicide, you do not have to carry it alone — call or text 988 (Suicide & Crisis Lifeline) right now.

The grind doesn't just cost you sleep. For some men, it has cost everything.

**IF YOU CAN'T REST,
YOU HAVE TO CHANGE YOUR LIFE.**

DAY 3

Reflection & Response

Today isn't about your schedule. It's about what's actually driving it.

1. What do you believe will happen if you actually stop for a full day?

Name the fear underneath it — falling behind, losing momentum, looking lazy, losing control.

2. Where has "busy" become your evidence that you matter?

Be honest about whether your hustle is calling, or proving.

3. What would it look like to trust God with a day's portion instead of stockpiling out of fear?

What's one task you could actually leave undone this week without the world ending?

ACTION STEP

Name the specific fear that keeps you from stopping. Write it down, then write next to it: "God's provision is not dependent on my hustle."

PRAY

God, I confess I've worn my exhaustion like proof of my worth. Break the curse of restlessness in me. Teach me to trust You enough to stop.

Stand Still and See

Trusting God Instead of Striving

DAY 4

What Do You Do When Striving Isn't an Option?

Israel was trapped. Pharaoh's army behind them, the Red Sea in front of them. No path forward, no path back. Every human instinct says: do something. Fight. Negotiate. Run. Anything but stand there.

"The LORD will fight for you, and you have only to be still."

— Exodus 14:14

God's instruction in their most desperate moment wasn't a battle plan. It was stillness. Not because effort is bad, but because some battles were never meant to be won by your effort in the first place.

When you're trapped — financially, relationally, physically — your instinct is to grind harder. Sometimes God's actual instruction is the opposite: stand still, and watch what I do.

**STANDING STILL IS NOT SURRENDER TO DEFEAT.
IT IS POSITIONING YOURSELF TO WATCH GOD
MOVE.**

Stand Firm, Hold Your Position

King Jehoshaphat faced an army too large to fight. God's word through the prophet was specific:

"You will not need to fight in this battle. Stand firm, hold your position, and see the salvation of the LORD on your behalf."

— 2 Chronicles 20:17

That's not passivity. Jehoshaphat still had to position his army, still had to obey, still had to show up. But the outcome was

never going to come from his sword.

There's a difference between giving up and standing still. Giving up walks away from the battle. Standing still shows up to the battle and refuses to fight it in your own strength.

"Be still, and know that I am God."

— Psalm 46:10

That's not a verse for quiet mornings only. It's a battle strategy for the man trapped between the army and the sea.

DAY 4

Reflection & Response

This isn't about doing nothing. It's about discerning what's actually yours to fight.

1. What situation in your life are you currently trying to out-strive instead of trust God with?

Where has more effort consistently produced less peace?

2. What would it actually look like for you to "stand still" in that situation — not quit, but stop striving?

Get concrete. What would you stop doing this week?

3. Have you ever seen God move in a situation only after you stopped trying to force it?

Remember that moment. It's evidence for the next one.

ACTION STEP

Name the battle you keep trying to win by striving. Tell God out loud: "This one is Yours. I will stand still and watch You move."

PRAY

Lord, You fight battles I was never meant to carry. Teach me the difference between giving up and standing still.

Delight Yourself in Him

The Desire Behind the Discipline

DAY 5

Is Rest a Rule or a Relationship?

Many men treat rest the way they treat a tax form — something required, dreaded, and gotten through as fast as possible. But that's not how God frames it.

"Delight yourself in the LORD, and he will give you the desires of your heart."

— Psalm 37:4

Rest, in God's design, isn't duty. It's delight. It's closer to a date with your wife than a deadline at the office.

A man who only rests out of obligation will always find a reason to skip it. A man who actually delights in God will start guarding that time the way he guards anything he genuinely loves.

The question underneath this whole resource isn't "How do I schedule rest?" It's "Do I actually enjoy being with God enough to want to stop everything else for Him?"

**HE MAKES ME LIE DOWN IN GREEN PASTURES.
HE LEADS ME BESIDE STILL WATERS.**

—Psalm 23:2

Why Sheep Won't Lie Down

A sheep won't lie down if it's afraid, if it's hungry, if it's in conflict with another sheep, or if it's being bothered by pests. It takes a shepherd to remove all four of those things before a sheep can actually rest.

"He makes me lie down in green pastures. He leads me beside still waters."

— Psalm 23:2

Notice — the sheep doesn't make itself lie down. The shepherd does the work of clearing the field.

You cannot white-knuckle your way into rest through sheer willpower. You can only be led there by a Shepherd who removes the fear, the hunger, the conflict, and the static that's keeping you wound up.

That means the real work of rest isn't trying harder to relax. It's letting the Shepherd lead — following Him to the pasture instead of insisting on grazing wherever you already are.

DAY 5

Reflection & Response

Today is about receiving, not performing. Don't rush it.

1. Do you actually delight in time with God, or does it feel like one more obligation?

Be honest. Obligation and delight produce very different consistency.

2. Which of the four — fear, hunger, conflict, or static — is keeping you from lying down right now?

Name the specific thing currently making it hard for you to rest.

3. What would it look like to let the Shepherd lead you to rest instead of trying to manufacture it yourself?

What's one place you need to follow instead of force?

ACTION STEP

Identify the one thing — fear, hunger, conflict, or noise — keeping you from lying down. Ask God directly to remove it, and follow Him to whatever rest looks like this week.

PRAY

Shepherd, clear what's keeping me wound up. I want to delight in You, not just survive my schedule around You.

Be Still and Know

The Discipline That Sets You Free

DAY 6

Rest Is Not a Suggestion

Of all Ten Commandments, the Sabbath might be the one modern men quietly edit out. We'd never excuse skipping ***"honor your father and mother"*** or ***"you shall not steal."*** But skipping rest gets rebranded as ambition.

God didn't suggest the seventh day. He commanded it — ***"Remember the Sabbath day, to keep it holy."*** —Exodus 20:8-11. He commanded it for the same reason He commanded the other nine: because ignoring it breaks something.

Here's the pattern most men miss: we disobey the one command that protects all the others, run ourselves into the ground, and then bring God a complaint instead of a confession — ***"God, why is my marriage strained? Why is my health falling apart? Why can my mind never go quiet?"***

Often the honest answer is sitting right there in Exodus 20. **We didn't keep the command that was holding the rest together.**

**WE DISOBEY THE COMMAND TO REST, THEN
BRING GOD A COMPLAINT
INSTEAD OF A CONFESSION.**

Sabbath Is Non-Negotiable

"Be still, and know that I am God."

— Psalm 46:10

Stillness in Scripture is never an accident. It's always a decision — guarded, scheduled, defended against everything that wants to crowd it out.

Just like a marriage needs a date night that isn't negotiated away by a busy week, your soul needs a Sabbath that isn't negotiated away by your inbox. If it's not defended, it will be the first thing you sacrifice.

Discipline sounds like the opposite of freedom — but it's actually the only path to it. A man with no boundaries around his time isn't free. He's available to everyone and everything except the rest his soul actually needs.

Discipline is freedom. The man who schedules rest is the only one who actually gets it. Everyone else just hopes it shows up eventually.

**A MAN WITH NO BOUNDARIES AROUND HIS TIME
ISN'T FREE.**

**HE'S AVAILABLE TO EVERYONE EXCEPT HIMSELF
AND GOD.**

Practicing Stillness: Meditation, Rhythm, and Creation

Meditation: Slowly returning to a single truth of Scripture until it settles in you, rather than skimming past it on the way to the next task.

Evening and Morning Rhythm: Letting your day actually end at night — protecting sleep instead of stealing from it. (*Genesis 1:5*)

Sabbath Rest: One day, set apart on purpose, where productivity is not the point. Not a loophole to catch up on chores — an actual stop.

Creation: ***“The heavens declare the glory of God.” —Psalm 19:1. “His invisible attributes... have been clearly perceived... in the things that have been made.” —Romans 1:20.*** Mountains, trees, open water — they were built to quiet a restless man, not just decorate his vacation photos.

None of these are passive. Each one requires you to plan, protect, and show up — which is exactly the point. Rest you don’t defend is rest you won’t get.

DAY 6

Reflection & Response

Be specific today. Vague intentions to “rest more” never survive a busy week.

1. What currently has the power to cancel your rest with one phone call or one request?

Name the person, job, or habit that overrides your stillness most often.

2. Which practice — meditation, sleep rhythm, Sabbath, or time in creation — is most absent from your life right now?

Pick the one you’ve neglected longest, not the easiest one to fix.

3. What boundary would you need to set to actually protect one of these this week?

Make it concrete enough that someone else would notice if you broke it.

ACTION STEP

Choose one practice from today — meditation, sleep, Sabbath, or time outdoors — and put it on your calendar like an appointment with God. Defend it like you would any meeting you couldn’t afford to miss.

PRAY

God, teach me that discipline is not the opposite of freedom. Help me defend stillness the way I defend everything else I actually value.

Recreated, Not Just Recovered

The Incredible Man at Rest

DAY 7

Recovery Gets You to Tomorrow. Recreation Remakes You.

The word *recreation* literally means *re-creation*. It isn't a synonym for collapsing on the couch. It's the same word used for what God does when He remakes something — body, mind, and spirit — not just patches it enough to limp into Monday.

Recovery asks, "How little rest can I get away with and still function?" Recreation asks, "What would it look like for God to actually restore me — not just keep me running?"

"He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul."

— Psalm 23:2-3

Restoration, not just maintenance. A hobby that genuinely refreshes you, real laughter, time outdoors, creativity for its own sake — these aren't luxuries. They're part of how God rebuilds you.

An incredible man doesn't just recover enough to survive the next sprint. He lets God recreate him — so the next season of work flows from fullness instead of fumes.

**RECOVERY GETS YOU TO TOMORROW.
RECREATION REMAKES WHO YOU ARE.**

What Actually Replenishes You?

We are remarkably good at maintaining everything except ourselves. We put gas in the car before it sputters out on the highway. We plug in the phone the second the battery icon turns red. We change the oil, rotate the tires, replace the filter — without a second thought, because we understand machines need fuel they don't produce themselves.

Then we treat our own souls like they should run forever on nothing. No fuel, no fluids, no quiet, no plug — and we act confused when we break down.

A man who's careful to recharge every device he owns and never recharges himself isn't disciplined. He's just misallocating his maintenance.

There's real science behind why the sound of wind moving through leaves, a running stream, ocean waves, or a crackling campfire calms you faster than almost anything else. Researchers have found that natural sounds measurably speed up the body's recovery from stress, calming your nervous system faster than environments filled with mechanical noise.

That doesn't mean a walk in the woods rewrites your DNA in one sitting — that claim oversells it. But chronic, unrelieved

stress does measurably *damage* your cells: Nobel Prize-winning research found chronically stressed mothers had telomeres equivalent to nine to seventeen years of extra cellular aging, while a follow-up study found a single three-month meditation retreat increased telomerase — the enzyme that rebuilds those same protective caps — by 30 percent.

Whatever else is true, this much is certain: **the grind ages you, and rest is part of how God built you to repair.**

"WORK HARD UNTIL..." IS A LIE.

UNTIL YOU MAKE IT. UNTIL YOU RETIRE. UNTIL THE KIDS ARE GROWN. THERE IS NO "UNTIL." THERE IS ONLY NOW — AND THE REST GOD IS OFFERING YOU TODAY.

What Could You Be at 100 Percent?

Look at everything you have already managed to do running on fumes — exhausted, distracted, short-tempered, running on willpower instead of rest.

You've still shown up. Still provided. Still loved your family the best you knew how, on empty.

Now ask the better question: what kind of husband, father, son, employee, or owner could you be at 100 percent instead of

20? If this is what you can do depleted, imagine what God could do through you fully replenished.

Resting isn't selfish. It's the only way you ever become the man you were actually designed to be — because you cannot give the real you to anyone until you've let God restore the real you first.

**NO ONE ON THEIR DEATHBED HAS EVER SAID,
"I WISH I WOULD HAVE WORKED MORE."**

Putting Rest Into Action

For years, my version of rest was just running until I broke, then doing the bare minimum to get functional again before going right back to grinding. I called it discipline. It was really just fear with a calendar.

I had to learn — slowly, and not without resistance — that stopping on purpose wasn't quitting on my family or my calling. It was the only way I'd actually have anything left to give them.

The seven days you just walked through aren't a one-time fix. They're a rhythm to return to — again and again — every time hustle starts creeping back in and calling itself faithfulness.

An incredible man isn't the one who never stops. He's the one who knows exactly when to — and trusts God enough to actually do it.

DAY 7

Reflection & Response

This is the final day. Don't just reflect — decide what changes starting now.

1. Looking back over this week, which day's truth hit you hardest — and why?

Name it specifically. That's usually the area God wants you to actually act on.

2. What does "recreation" — not just recovery — look like for you personally?

Not generic advice. What specifically restores you, body, mind, and spirit?

3. What is one concrete rhythm of rest you will build into your life starting this month?

Not someday. This month. Name the day, the practice, and what you'll protect it from.

ACTION STEP

Write down your personal rhythm of rest — a weekly Sabbath, a daily wind-down, a recreation you will actually schedule. Tell one other person, so someone can hold you to it.

PRAY

*God, I don't want to just recover enough to keep grinding. Recreate me.
Teach me to rest the way You designed — and trust You enough to actually stop.*

CONCLUSION

The Man Who Knows When to Stop

Your family will not remember how many hours you worked. They will remember whether you were present when you were finally home.

They will not remember how exhausted you were. They will remember whether your exhaustion made you short-tempered, distant, and gone even when you were standing in the room.

God's design was never for you to run yourself into the ground proving you're enough. It was rhythm — work that flows from rest, instead of rest you collapse into because work finally let you go.

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

— Matthew 11:28

You are that man.

Not lazy. But at peace.

Not tireless. But trusting.

Not collapsing at the finish line. But walking — with a Shepherd who already cleared the field.

So stop on purpose this week. The work will still be there. So will He.

A CLOSING WORD

Final Prayer

Father God,

Thank You for building rest into creation before You ever asked me to work.

Thank You for the invitation to come to You instead of carrying every yoke alone.

Forgive me for treating exhaustion like proof of my worth, and for trying to earn a rest You already gave me freely.

Teach me to stand still when striving isn't the answer. Teach me to delight in You instead of merely obeying a rule. Teach me to defend stillness the way I defend everything else I value.

Recreate me — body, mind, and spirit — so my work flows from rest, not the other way around.

Not for my comfort alone. For my family's good, and for Your name's sake.

Amen.



Stay Connected

If you've made it this far — well done. You've invested in your soul instead of running past it, and that's what makes you incredible.

I'm proud of you.

Remember — being an Incredible Man isn't about perfection. It's about showing up, leading with integrity, and pursuing the man God created you to be. The road is long, but you don't have to walk it alone.

Stay connected at **IncredibleMan.org** — where men like you are growing stronger in faith, leadership, health, and purpose.

With you in the fight,

Pastor Dustin Sample

Founder, Incredible Man