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# Rest And Release: A 4-Week Bible Study



## Synopsis

Are you tired and burdened? This Bible Study will lead you to resting and releasing your heavy burdens to the Lord. This Bible Study includes a daily devotional written by Courtney Joseph, as she shares some of her personal struggles. She provides a daily Bible Reading plan, SOAK pages, a Daily Reflection Question and a Verse of the Day. You can find the corresponding videos out on the blog at [WomenLivingWell.org](http://WomenLivingWell.org) God wants you to talk with Him about your struggles, pains, and frustrations, and give Him all your cares in exchange for His peace. Because we do not rest, we miss hearing Godâ™s voice. Psalm 23 comes to mind. âœThe Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his nameâ™s sake.â • Are you experiencing the green pastures, the quiet waters, and the restoration of your soul that Psalm 23 speaks of, from resting with your Shepherd? Remember how the crowds pressed in on Jesus everywhere He went? Everywhere He turned, there was a need unmet, and though there was so much to do . . . He withdrew to rest. Luke 5:16 says, âœBut he would withdraw to desolate places and pray.â • If Jesus needed alone time with God, then certainly we do. Just think of the wisdom He wants to impart to you, the strength and the peace you may be missing out on. Give yourself permission not to have your to-do list all checked off in order for you to rest and get alone with God. Each weekday, Courtney provides for you a verse of the day, a short devotional, a reflection question and a daily scripture reading. Also, on-line at [WomenLivingWell.org](http://WomenLivingWell.org) you will find 4 videos (one per week) that correspond with the scripture we are studying each week. Each week you will also find a practical challenge of something Courtney does in her home that helps her rest and live blessed. I hope you will take the challenges. They do make a difference! I pray that your time spent in Godâ™s Word will lead you to rest for your soul and release of your burdens, so you can live a life of peace and freedom in Christ no matter what you are facing. Join me on this journey, as we walk with the King. Courtney

## Book Information

Paperback: 58 pages

Publisher: Women Living Well Ministries (August 17, 2017)

Language: English

ISBN-10: 0998700932

ISBN-13: 978-0998700939

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

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## Customer Reviews

Courtney Joseph, is a graduate of the Moody Bible Institute with a degree in Evangelism and Discipleship. Her passion and sincerity has made her a leader in the Christian blogging community. She has over 1.5 million views on YouTube and is the founder of the ministry Good Morning Girls, where she is leading women through the Bible, chapter by chapter, cover to cover. Courtney writes at WomenLivingWell.org and GoodMorningGirls.org

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