



Rest Assured: A Recovery Plan for Weary Souls (Paperback)

By Vicki Courtney

Thomas Nelson Publishers, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Come to Me, all you who labor and are heavy laden, and I will give you rest (Matt. 11:28) Women are overcommitted, overconnected, overburdened, and overwhelmed. Their lives are full, but oddly, their souls are empty. They are aching for a bold challenge—one that will bring rest to their longing souls. Rest Assured is for the daring women who truly want to disrupt their current patterns and see lasting change. Divided into two parts, Rest Assured offers not just an intervention: The Badge of Busyness The Exhausting Pursuit of Happiness Tethered Souls Worried Sick But also a recovery plan: Prioritize the One Thing Needed: Time for God Create Room to Breathe: Time for Solitude Give Yourself a Break: Time for Leisure Pay It Forward: Time for Others If the soul is weary, it's time for an intervention. Rest Assured is not a quick fix, but rather a bold challenge that aids women in identifying the negative patterns that prevent them from experiencing rest in their souls. Most importantly, it will give them the tools needed to break the cycle. A Rest Stop challenge is included at the end of each chapter for use in Bible studies and...



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