



A 5-DAY DEVOTIONAL
THE R.E.S.T. RESET

A Guide for the High-Capacity Woman
*Who was Taught to Be Faithful—
But Rarely Disciplined in Rest*



Cynthia White
Remarkable Living Institute ®

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THE R.E.S.T. RESET
(Release Every Situation Totally)

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"I begin my day restful. I end my day restful."

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Welcome Remarkable Woman!

If you're holding this guide, there's a good chance something in your life feels heavier than it should. Not falling apart—just unsustainable and overwhelming.

Because you are a high-capacity woman, you've carried more than most know or understand. Along the way, you began to believe rest is only for when work is finished, and that slowing down means failing..

This is not what Scripture teaches.

Rest, as God designed it, is not the absence of work—it is the presence of trust. It is not collapse—it is an intentional release. It is not earned—it is gracefully received.

Over the next five days, you'll encounter scriptures that reveal what rest was always meant to be. Each day includes a short devotional, guided reflection, and three simple practices for your morning, midday, and evening.

Before you begin, release any pressure to perform. This is not a challenge or a productivity plan, and you do not need to do it perfectly. Instead, this is a guide to a more restful and fruitful life by God's design.

The goal isn't to overhaul your life in five days. It's to reset the foundation your days rest on.

If a day gets interrupted, just return the next day. This is a grace journey. Let this guide meet you where you are—not where you think you should be.

*Cynthia White,
Rest and Lifestyle Mentor
Founder of Remarkable Living Institute®*

How to Use this Guide

The R.E.S.T. (Release Every Situation Totally) Reset guide is designed to be completed over five days—one small focus at a time. Not because you couldn't do more, but because lasting change rarely comes from overwhelm.

EACH DAY INCLUDES:

- A short devotional to help you see rest the way Scripture sees it
- One Scripture to anchor your soul in truth
- Guided reflection to help you process what you're learning
- Three simple practices for morning, midday, and evening

HOW TO WALK THROUGH EACH DAY:

Step 1:  **R.E.S.T. in God's Word-** Start with the devotional and Scripture Read slowly. Let the words settle. This is not a race.

Step 2:  **TODAY'S R.E.S.T. FOCUS-**Reflect Use the guided questions to notice what's stirring in your heart. Write if it helps. Think if it doesn't. There's no wrong way.

Step 3:  **R.E.S.T and REFLECT-**Practice throughout the day Choose at least one practice—morning, midday, or evening. If you can do all three, beautiful. If you can only do one, that's enough.

Step 4:  **TODAY'S REST PRACTICES-**Close with the mantra Let these words mark your day: *"I begin my day restful. I will end my day restful."*

A GENTLE INVITATION:

As you move through this reset, consider adding two simple rest rhythms to your days.

Day 1 REST AS DESIGN

"And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done." — Genesis 2:2 (ESV)

R.E.S.T. in God's Word

Rest is not a reward for finished work. It was built into creation before there was any work for mankind to finish.

Genesis tells us God rested on the seventh day—not because He was tired, but because He was establishing a pattern. A rhythm. And here's what strikes me: He rested before the fall of Adam and Eve. Before stress. Before deadlines.

Rest was not meant as escape from life but as its foundation.

 **TODAY'S R.E.S.T. FOCUS:** *Rest was designed into creation—not added after the fall.*

R.E.S.T and REFLECT

- When did I start believing rest had to be earned?
- What would change if I believed rest was holy, not optional?
- What am I afraid will fall apart if I slow down?

TODAY'S REST PRACTICES (Brew a cup of tea: sip & savor)

Morning: Before reaching for your phone, sit in silence and breathe for 5 minutes. Say aloud: *"Lord, I was designed for rhythm, not relentlessness. Today, I receive Your rest."*

Midday: Step away from screens for 15 minutes. Walk slowly or sit outside. Let your body remember that rest belongs to the whole day.

Evening: Journal the work you accomplished today. Once finished, say aloud: *"The work I have done today is enough. What remains undone, I release into Your hands."*

 **NEXT STEP:** Practice your morning rhythm tomorrow—before the day begins.

"I begin my day restfully. I end my day restful."

Day 2 REST AS SURRENDER

*"Be still, and know that I am God. I will be exalted among the nations,
I will be exalted in the earth!"— Psalm 46:10 (ESV)*

R.E.S.T. in God's Word

Psalm 46 is a war psalm. It speaks of nations in uproar, kingdoms tottering, the earth giving way. And right in the middle of all that chaos, God speaks: "Be still."

In Hebrew, it's closer to "Cease striving" or "Let go." It's not a whispered suggestion—it's a divine interruption and command.

The world says rest when things calm down. God says be still, especially when they don't.

 **TODAY'S R.E.S.T. FOCUS:** *Surrender is not giving up. It's letting God be God.*

R.E.S.T and REFLECT

- What situation in my life feels like "uproar" right now?
- What would it look like to cease striving—not stop caring, but stop controlling?
- What is one thing I can release today?

TODAY'S REST PRACTICES (Brew a cup of tea: sip & savor)

Morning: Begin with a breathwork prayer. Inhale to the count of four: "Be still." Exhale to the count of four: "Know that You are God." Repeat ten times.

Midday: Identify one anxious thought. Place your hand on your heart: "This does not require my anxiety. It requires my faithfulness. I release the outcome." Take a 15-30 minute power pause/nap (if you can).

Evening: Write down one worry on paper. Fold it and put it away. Say: "I place this in Your hands. You are still God." Be still for 10 minutes. Rest and sleep well.

 **NEXT STEP:** Notice one moment today when you chose control over trust.

"I begin my day restfully. I end my day restful."

Day 3 REST AS INVITATION

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."— Matthew 11:28–29 (ESV)

R.E.S.T. in God's Word

Jesus tenderly spoke directly to people who were laboring, carrying heavy loads, and feeling the weight pressing down on them..

But notice: He doesn't say, "Come to me, and I'll take away all your work." He says, "Take my yoke upon you." A yoke is a heavy tool of labor. He's not promising life without effort—He's promising a different kind of effort. Shared. Sustainable. Shaped by His gentleness. Full of Grace.

The rest He offers is not a vacation. It's an invitation to experience a life-giving relationship of grace, grit, and ease.

 **TODAY'S R.E.S.T. FOCUS:** *Jesus invites you to come and rest—not to perform, produce, or prove.*

R.E.S.T and REFLECT

- What burdens am I carrying that Jesus never asked me to carry?
- What does "gentle and lowly" mean to me right now?
- If I came to Jesus today, what would I bring Him?

TODAY'S REST PRACTICES (Brew a cup of tea: sip & savor)

Morning: Read Matthew 11:28–29 slowly, three times in three different translations. Look up the definition for the word weary, heavy-laden and rest" in the Greek. The third time, hear Jesus speaking directly to you, using your name. See this as an invitation to rest. Choose to say, "yes."

Midday: Take 20 minutes of stillness. Lie down if you can. Whisper: "I come to You, Jesus. I am weary. I choose to say, 'yes' to Your rest."

Evening: Make a list of the burdens. Place your hand over your heart: "Lord, I lay down today's burdens. As I sleep, restore my soul." Rest and sleep well.

 **NEXT STEP:** Come to Jesus in the morning before you come to your tasks for the day.

"I begin my day restfully. I end my day restful."

Day 4 REST AS TRUST

"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep."— Psalm 127:2 (ESV)

R.E.S.T. in God's Word

The phrase "anxious toil" in Hebrew refers to labor driven by worry—work fueled by fear, not purpose. It's the striving that says, "If I don't do this, no one will."

And then comes this stunning truth: "He gives to his beloved sleep."

Sleep is not a concession to weakness. It's a gift from a Father who loves you and knows how to care for you. He is saying: "I am still at work while you rest. You don't have to stay awake to hold the world together." I have it in my hands.

 **TODAY'S R.E.S.T. FOCUS:** *God is at work while you sleep. You can trust Him.*

R.E.S.T and REFLECT

- What's the difference between productive labor and anxious toil in my life?
- Do I struggle to receive sleep as a gift? What keeps me awake?
- What truth about God helps me trust Him tonight?

TODAY'S REST PRACTICES (Brew a cup of tea: sip & savor)

Morning: Read Psalm 127:2, make a list of your anxiety-producing tasks of the day. Give the list to God and commit your day to Him: "Lord, unless You build this day, I labor in vain. I trust You are at work in that which I can and cannot see."

Midday: Do something restorative with no productive goal in mind. Set your timer for 15 minutes. Listen to music. No social media. Sit in silence. Walk in nature. Let your soul breathe.

Evening: One hour before bed, start your "Power Hour." Turn off screens. Light a candle, journal, or read a book, take a nice bath using your favorite bath salts. Say aloud: "I am God's beloved, and He gives me sleep." Rest and sleep well.

 **NEXT STEP:** Tonight, receive sleep as a gift—not just a necessity.

"I begin my day restful. I end my day restful."

Day 5 REST AS OBEDIENCE

"Remember the Sabbath day, to keep it holy." – Exodus 20:8 (ESV)

R.E.S.T. in God's Word

This is the fourth of the Ten Commandments. Not a suggestion—a commandment. God spoke it with the same authority He used when He said, "You shall not murder." Yet this is the one we most readily ignore.

"Remember" in Hebrew means active attention—setting your mind on it, planning for it, protecting it. The Sabbath is not what happens when everything else is done. It's something you prepare for, guard, and honor. It is a day set aside for rest in a distinct way, so it looks and feels different from the other 6 days of the week.

Sabbath is not a burden. It is a blessing of freedom.

 **TODAY'S R.E.S.T. FOCUS:** *Sabbath is not legalism. It is liberation.*

R.E.S.T and REFLECT:

- What is my current relationship with Sabbath?
- What would I need to protect or say no to in order to honor it?
- This week, I will honor the Sabbath by (doing what?)

TODAY'S REST PRACTICES (Brew a cup of tea: sip & savor)

Morning: Read Exodus 20:8–11. Notice the connection between Sabbath and creation. Make a list of five ways you can restfully make the Sabbath holy (set apart for God). Pray: "Lord, help me follow Your pattern."

Midday: Look at your calendar. Choose a time this week—even a few hours—to set apart for rest. Most of us will choose Sunday. Write it down like an appointment. Commit to keep it.

Evening: For one hour before bed, cease all work. No email. No lists. No intense conversations. Choose three rest rituals to help you prepare for bed. Say: "I am learning to rest. This is holy ground." Rest and sleep well.

 **NEXT STEP:** Protect your Sabbath time this week like it matters. Because it does.

"I begin my day restfully. I end my day restfully."

FINAL R.E.S.T. and REFLECTION

You've spent five days relearning what rest was always meant to be. Not a reward. Not a weakness. Not "someday."

Rest is God's idea. His design. Surrender. Invitation. Trust. Obedience.

- What truth about rest do I most need to hold onto?
- Which practice felt most life-giving?
- What will I carry forward from this reset?

You are not called to carry everything. You are called to come to Jesus. Let Him carry and in Him, you will find rest for your soul.

R.E.S.T.(Release Every Situation Totally)

YOUR NEXT STEP

If this 5-day R.E.S.T. Reset helped you breathe again — don't let life speed back up and steal what you've started. Clarity is easy to lose without the right ongoing support.

Beginning is one thing. Staying supported is another.

The Rest & Rise Circle is a membership mentoring community where women like you come to stay anchored — with biblical rest rhythms, rituals, real community, and practical tools designed to help you live your best remarkable life. It's part of the Remarkable Life by Design Academy, which means your growth doesn't stop at rest. It starts there.

You were made for both faithfulness and rest. Come build both — together.

Because beginning is one thing. Staying supported is another.

JOIN THE Rest and Rise Community

Click [HERE](#) to join!

"I begin my day restfully. I end my day restfully."

About Cynthia White (*The Rest and Lifestyle Mentor*)



Cynthia White is a speaker, author, and Bible teacher, coach, mentor — and the founder of the Remarkable Living Institute®, where she equips Christian women in leadership and ministry to rest well, rise with clarity, and build Kingdom lives rooted in purpose, presence, and legacy. As a pastor's wife with nearly four decades of ministry experience, she knows firsthand the weight women in leadership carry — and the cost of carrying it without rest.

A published author and Precept-certified inductive Bible teacher, Cynthia, known for

her calm authority and deeply restorative A published author and style takes a holistic approach to rest as she weaves together scripture, spiritual disciplines (rest rhythms), self-care (rest rituals), wellness, and daily routines — including tea and intentional rest breaks — to help women move from exhaustion to alignment. Her message is simple and counter-cultural: you were never meant to lead from empty. She invites women to see rest not as indulgence, but as faithful stewardship — nourishing mind, body, and spirit so they can become the Remarkable Women God created them to be.

She is a lover of studying and teaching God's Word, tea, hosting afternoon teas, crafting, cooking, baking, wellness, hospitality, and all things animal print.



You were made
for more than faithfulness without rest,
You were made for both.



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RESTFULLY."*

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