

MATTHEW 11:28-30

"Come to Me all you who are weary and burdened, and I will give you rest..."

Before diving into this SOULution worksheet, understand the "why" behind this soul care exercise and make sure you listen to the Mohawkmomma Soul Podcast and read the [companion blog](#). Bonus: to accompany you through this journaling experience, listen to the audio of my [5-minute pastoral guidance](#).

MY EXHAUSTION POINT OF VIEW

MY CURRENT STRESSORS

MY SHALOM-MAKING SUPPORT SYSTEM

MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT

COLOR. RELAX. CREATE.

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." [Read full chapter](#)

MATTHEW 11:28-30 (NLT)

Affirmations

there is wisdom + compassion in the holy
alternation of my work-play + rest.

IT'S OK TO DO LESS

I'M HUMAN, HERE.
I'M NOT A MACHINE!

"rest"

IS NOT INACTIVITY. IT'S A NOBLE
REDIRECTION OF ACTIVITY.

THE HOSPITALITY OF PAUSE

