

An artistic illustration of a woman with dark skin and short curly hair, wearing a flowing yellow dress. She is sitting on the floor, eyes closed, with her hands clasped in prayer. She is positioned in front of a window with white frames. The scene is filled with warm, golden light and autumn leaves, some of which are falling or blowing in the air. The overall mood is peaceful and contemplative.

# Rest for Real

Prayer Guide

**4 Weeks of Sabbath  
in Daily Life**

**by Patrice Gerideau**



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# Welcome Sister!

If you've felt weary, overextended, or distant from God's rhythm of grace, this guide is for you. These nine Sabbath practices are your invitations to pause, breathe, and reconnect with God in the midst of daily life. Each practice is rooted in Scripture, simple to follow, and designed to nourish your soul.

This guide is meant to be flexible—take each practice at your own pace, revisit them as needed, and allow God to meet you in your unique season of life. You'll find a blend of scripture, reflection, and practical steps, all pointing you toward God's peace, renewal, and joy.

Sabbath isn't just a day; it's a way of life—a life that honors rest, trust, and worship. To help you integrate these practices into your daily rhythm, turn to the Go Deeper section for small, actionable steps that bring each theme to life.

As you journey through these practices, may you discover the multifaceted beauty of spiritual rest—a rest that restores, transforms, and draws you closer to the freedom found in God's presence.

## **The Rest for Real Series**

### Your Prayer Guide

- 1**      The Rest That Restores
- 2**      The Rest That Calms
- 3**      The Rest That Anchors
- 4**      The Rest That Frees

## Soul Care Reflection

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### The Rest that Restores

*Sabbath invites us to prioritize solitude and silence, so we can renew and refocus. Jesus teaches us that rest comes first. In solitude with God, we renew our hearts, gain clarity, and find strength for what lies ahead. In a world that demands we're always "on," Sabbath reminds us that restoration begins with stillness.*

#### Pause

- Consider Mark 1:35, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."
- Take a moment to reflect on how Jesus intentionally stepped away from life's demands to connect with God.

#### Ponder

- Besides church, where did you normally experience God's presence?
- How different would life look if you modeled Jesus's example?
- How can you prioritize small, intentional moments of rest this week?
- How can you use silence this week?

#### Practice

- Dedicate one morning this week to step outside, sit quietly in God's creation, and pray or meditate on His presence. Let the beauty of nature refresh your soul and remind you of His care.
- Reflect: How did spending time in God's creation renew your perspective on His presence in your life?

#### Pray

God, we often push ourselves to keep going, even when we need rest. Remind us that to follow Christ is to embrace His example of stillness. Help us create space to experience Your restoring presence. In Jesus' name, Amen.

#### Proclaim

I am worthy of rest because God refreshes my soul.



Podcast



You can listen to the entire Rest for Real Series at [patriceonline.com/rest-for-real-series](https://patriceonline.com/rest-for-real-series).

## **Soul Reflection**

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Journal Your Thoughts

## Soul Care Reflection

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### The Rest that Calms

*Sabbath invites us to step back, breathe, and find calm in God's presence, even when life feels overwhelming. Remembering who is in control turns panic into praise. Choosing calm over chaos allows us to rest in God's sovereignty and experience His peace.*

#### **Pause**

- Consider Mark 4:39, "He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm."
- Take a moment to reflect on how even when life's storms can leave us feeling overwhelmed, Jesus offers a peace that calms even the fiercest winds.

#### **Ponder**

- What storms in your life are weighing you down?
- Write a prayer inviting Jesus to calm the storms.
- How can you prioritize small, intentional moments of rest this week?
- How can you use silence this week?

#### **Practice**

- Pause for a "peace break" whenever life feels overwhelming. Close your eyes, take three deep breaths, and silently pray: "Peace. Be still. God is with me."
- Reflect: How did taking a peace break shift your emotions or thoughts during moments of chaos?

#### **Pray**

Lord, calm the storms in my life. Help me to trust You when chaos rises and anchor myself in Your perfect peace. In Jesus' name, Amen.

#### **Proclaim**

I choose God's peace over life's chaos.



Podcast



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## **Soul Reflection**

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Journal Your Thoughts

## Soul Care Reflection

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### The Rest that Anchors

*Sabbath invites us to anchor ourselves in God's presence, setting aside the endless demands of life to focus on what truly matters. Like Mary, we are called to sit at Jesus' feet, letting His words center us in His love and truth.*

#### Pause

- Consider Luke 10:39, "She had a sister called Mary, who sat at the Lord's feet listening to what he said."
- Take a moment to reflect on how Jesus invites you to exchange busyness for communion with Him.

#### Ponder

- What would life look like if you embodied Mary's mindset?
- What would life look like if you traded busyness for life at God's pace?
- How can you prioritize small, intentional moments of rest this week?
- How can you use silence this week?

#### Practice

- At the end of each day, reflect on one moment where you felt God's peace. Journal about it, focusing on how His presence anchored you in that moment.
- Reflect: *What patterns or reminders helped you recognize God's peace today?*

#### Pray

God, let us always place You at the center of our lives. Help us slow down, anchor ourselves in Your presence, and embrace the rhythm of rest You've created for us. In Jesus' name, Amen.

#### Proclaim

God's presence steadies me in every season.



Podcast



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## **Soul Reflection**

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Journal Your Thoughts

## Soul Care Reflection

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### The Rest that Frees

*Sabbath invites us to let go of anxiety and embrace the freedom that comes from trusting God's care. Worrying traps us in self-reliance, but trust sets us free to experience His grace and peace. As we release our burdens, God leads us to a life of spiritual freedom and rest.*

#### Pause

- Consider Matthew 6:25, "I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"
- Take a moment to pause and reflect on Jesus' call to release your worries and rest in God's care.

#### Ponder

- How might trusting God with one of your worries bring you closer to rest and freedom?
- What would life look like if you traded worry for faith in God?
- How can you prioritize small, intentional moments of rest this week?
- How can you use silence this week?

#### Practice

- Write down your worries in a journal and release them to God in prayer. As you let them go, speak a promise over your life: "God, I trust You with this."
- Reflect: How did releasing your worries change the way you approached your day?

#### Pray

God, teach us to trust You with every need, to rest in Your provision, to let go of worry and embrace the peace and freedom of Your grace. In Jesus' name, Amen.

#### Proclaim

I release my burdens to God and embrace His freedom.



Podcast



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## **Soul Reflection**

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Journal Your Thoughts

## Go Deeper

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# Savor the Experience

## Sister,

The journey doesn't end here.

Each of these practices is an invitation to weave Sabbath into your daily life. Small moments of rest, trust, and worship create a life anchored in God's peace.

**Here are small, simple ways to bring each week's practice into your daily life.**

- **The Rest That Restores:** Start small—five minutes of quiet each morning can set the tone for your day.
- **The Rest That Anchors:** End your day with a moment of reflection, thanking God for one way He anchored you.
- **The Rest That Calms:** When chaos rises, pause and take a deep breath, inviting God's peace into the moment.
- **The Rest That Frees:** Jot down your worries before bed to release the day's burdens into God's hands.



Podcast



You can listen to the entire Rest for Real Series at [patriceonline.com/rest-for-real-series](https://patriceonline.com/rest-for-real-series).

*Thank You!*

**Sister,**

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:  
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

**Patrice**

# What's Next?

## **Deepen Your Experience with the Book**

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

**Get the Book [HERE](#)**

## **Listen to the Sister Soul Care Podcast**

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

**Listen to the Podcast [HERE](#)**

## **Stay Connected**

Subscribe to **Sister Soul Care Weekly** for weekly encouragement, practical tools, and soul-care resources to help you live as God’s beloved.

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## **Share with a Friend**

Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

### **Support the Creation of More Soul-Care Resources**

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

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# Meet Patrice



## **About Me**

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

**Rev. Dr. Patrice Gerideau**  
**Founder, Sister Soul Care**

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# Blessings for the Journey



## **Dear God...**

When we take on the world in our own strength, believing we must do it alone, help us. When we refuse to rest because we don't trust Your provision, gently sit us down. When we forget that we are Your beloved daughters, remind us and hold us in Your eternal, loving care. In Jesus' name, Amen.

## **Until Next Time...**

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.