

The background of the cover is a painting of a Black woman with her hair styled in a bun, wearing a yellow robe. She is resting her head on her hand, looking down with a contemplative expression. In the foreground, there is a lit candle in a brass holder, a bowl of fruit, and a small jar. The overall color palette is warm and golden.

Sacred Rest

An Advent Journey for Women Who Do Too Much

**A Prayer Guide for Reclaiming
Rest and Connection**

by Patrice Gerideau

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Welcome Sister!

Advent is a season of both anticipation and reflection—a time to celebrate the birth of Immanuel and embrace the journey ahead. For us as Black women, this season offers a unique invitation. While our strength has often been our anchor, it can also become a burden that weighs heavy on our minds, bodies, and spirits. This guide invites you to step away from the constant striving and into a sacred space of rest.

In this moment, God calls us to lay down the weight of “doing too much” and reclaim the gift of rest, renewal, and connection. Together, we will explore how the Advent story—and the women and moments within it—reflect God’s call to rest, heal, and reconnect with what matters most.

This journey isn’t about abandoning your strength but about remembering its source. As we walk through the Advent themes of silence, surrender, trust, community, and worship, may you find yourself embraced by God’s unlimited grace and love. Let this guide be a companion as you reflect, release, and rest in the promises of God’s presence.

May this Advent season become a sacred journey—one where you not only remember Christ’s birth but also reclaim your identity as God’s beloved daughter, worthy of rest, renewal, and flourishing.

Now, let’s begin our journey together.

The Sacred Series

Your Prayer Guide

- 1** The Advent of Silence
- 2** The Advent of Surrender
- 3** The Advent of Trust
- 4** The Advent of Community
- 5** The Gift of Immanuel
- 6** The Gift of Worship
- 7** The Gift of Prayer

Soul Care Reflection

The Advent of Silence

This week, we reflect on how silence prepares our hearts for God's promises. By embracing quiet moments, we learn to listen, trust, and hope in His divine timing.

Pause

- Consider Luke 11:20, "And now you will be silent and not able to speak until the day this happens, because you did not believe my words, which will come true at their appointed time."
- Reflect on the role of silence in Zechariah and Elizabeth's story of waiting and divine intervention.

Ponder

- How can embracing silence help you deepen your trust in God?
- Where in your life do you need to quiet the noise to hear His voice more clearly?
- What promise from God are you waiting to see fulfilled?

Practice

Choose silence this week and listen Intently to someone or something you never listen to fully. Reflect on what the experience was like?

Pray

God, in the stillness, help me trust You. Quiet my heart, restore my hope, and prepare me for the fulfillment of Your promises. In Jesus' name, Amen.

Proclaim

I find peace in the quiet, trusting God to fulfill His promises in His perfect time.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Advent of Surrender

Surrender is not a sign of defeat but an act of trust in God's loving care. This week, reflect on how Mary's yes to God invites us to release our plans and embrace His.

Pause

- Consider Luke 1:38, "Let it be to me according to your word."
- Take a moment to reflect on Mary's courageous "yes" to God's plan despite her fears and uncertainties.

Ponder

- What does surrendering to God mean to you right now?
- What fears or hesitations are keeping you from fully saying yes to His will?
- How can Mary's story inspire you to trust God more deeply?

Practice

Spend five minutes imagining yourself in Mary's place, offering your own "yes" to God's call.

Pray

God, teach us to embrace surrender, not as a loss of control but as an act of trust in Your perfect plan. Help us to rest in Your care, knowing true strength is found in letting go and leaning on You. In Jesus' name, Amen.

Proclaim

I surrender my plans to God and trust in His loving care.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Advent of Trust

Trusting God doesn't mean we have all the answers—it means we believe in His character and promises. This week, reflect on how Joseph trusted God's plan even when it didn't make sense.

Pause

- Consider Matthew 1:24, “Joseph...did what the angel of the Lord had commanded him and took Mary home as his wife.”
- Take a moment to reflect on Joseph's trust in God's plan, even when it was hard to understand.

Ponder

- How has God proven Himself trustworthy in your life?
- What area of your life is God calling you to trust Him more?
- How can you rely on His love when the path forward feels unclear?

Practice

Spend five minutes reflecting on a time when you trusted God and experienced His peace or provision.

Pray

God, help us to trust You even when we can't see the whole picture. Remind us that Your love never fails, and guide us to live in obedience to Your will. In Jesus' name, Amen.

Proclaim

God's love sustains me, and I trust Him to guide my steps.



Podcast



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Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Advent of Community

God often speaks and works through others to remind us we're not alone. This week, reflect on Mary and Elizabeth's bond and the power of community in nurturing faith and courage.

Pause

- Consider Luke 1:45, "You are blessed because you believed that the Lord would do what he said."
- Reflect on the beauty of sisterhood as seen in the story of Mary and Elizabeth. Consider how their bond reminds us of the power of encouragement, celebration, and shared faith.

Ponder

- Who in your life has been a source of encouragement and faith?
- How can you build or deepen Christ-centered relationships this season?
- What does it mean to you to belong to a community of faith?

Practice

Take a moment to reach out to a woman who has supported or encouraged you. Express your gratitude for her presence in your life.

Pray

Gracious God, thank You for the gift of sisterhood and for the women who bless our lives with their love and encouragement. Help us to nurture these relationships and reflect Your grace as we walk together in faith. In Jesus' name, Amen.

Proclaim

I am surrounded by God's grace and strengthened through sisterhood.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Gift of Immanuel

Immanuel means God with us. This week, reflect on how Jesus' presence brings peace, joy, and hope into your everyday life.

Pause

- Consider Luke 2:14, "Glory to God in highest heaven, and peace on earth to those with whom God is pleased."
- Reflect on the humble beginnings of Christ and the profound meaning of His birth. Consider how the gift of Immanuel—God with us—meets you in the ordinary and transforms your life.

Ponder

- How have you experienced God's presence in your daily life?
- What areas of your life need the peace and joy of Immanuel this season?
- How can you share the gift of God's presence with others?

Practice

Take a few moments to sit in silence, imagining yourself at the manger. Offer a prayer of gratitude for God's presence in your life.

Pray

Lord, thank You for the gift of Immanuel, Your presence with us. Fill our hearts with peace, and help us to carry Your light into the world. In Jesus' name, Amen.

Proclaim

God is with me, bringing peace and joy into my everyday life.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Gift of Worship

Worship invites us to celebrate God's faithfulness and offer Him our hearts. This week, reflect on Anna's unwavering devotion and how worship connects us to God's presence.

Pause

- Consider Luke 2:38, "She came along just as Simeon was talking with Mary and Joseph, and she began praising God. She talked about the child to everyone who had been waiting expectantly for God to rescue Jerusalem."
- Take a moment to reflect on Anna's devotion, worship, and unwavering faith as she waited for God's promises to be fulfilled.

Ponder

- How do you personally express worship to God?
- What does it mean to worship God through your everyday actions?
- How can worship help you draw closer to God during challenging seasons?

Practice

Spend time reflecting on the past year. Release your burdens to God, celebrate His blessings, and ask for His guidance as you step into the new year.

Pray

Gracious God, as we close this year, we bring our prayers, hopes, and devotion to You. Help us walk into the new year as bold, balanced, and beloved daughters, anchored in Your truth and love. In Jesus' name, Amen.

Proclaim

I carry the heart of a worshiper, celebrating God's faithfulness in every season.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Soul Care Reflection

The Gift of Prayer

Prayer is an invitation to release our burdens to God and walk boldly into His promises. This week, reflect on how prayer nurtures your faith and strengthens your relationship with Him.

Pause

- Consider Numbers 6:24-26, "May the Lord bless you and keep you. May His face shine upon you and be gracious to you. May the Lord turn His face toward you and give you peace."
- Take a moment to reflect on God's faithfulness in your life over the past year. Consider how His presence has sustained you through challenges and celebrated with you in triumphs.

Ponder

- How has prayer transformed your relationship with God?
- What burdens do you need to release to Him today?
- How can you cultivate a deeper, more consistent prayer life?

Pray

Gracious God, we thank You for walking with us through every season. As we enter a new year, fill us with boldness, balance, and the assurance that we are Your beloved daughters. In Jesus' name, Amen.

Practice

Spend time reflecting on this past year using the free Examen-based guide. Celebrate God's faithfulness and step into 2025 with clarity and hope. Download it at patriceonline.com/2025.

Proclaim

Through prayer, I release my burdens and walk boldly into God's promises.



Podcast



You can listen to the entire Sacred Rest Series at patriceonline.com/sacred-rest-series.

Soul Reflection

Journal Your Thoughts

Go Deeper

Savor the Experience

Sister,

The journey doesn't end here.

You've completed the Sacred Rest Series Prayer Guide, and we pray it has brought you closer to God's peace and renewal. As you continue your sacred rest journey, here are a couple next steps to nurture your soul and embrace God's presence:

Reflect with the Year-End Examen

Take time to pause, reflect, and release the past year with the Year-End Examen. This reflective guide will help you:

- Celebrate God's faithfulness.
- Let go of burdens and unfinished moments.
- Embrace hope and intention for the new year.

If you haven't already, download the Year-End Examen and create space to rest in God's presence.

Get the Year-End Examen at patriceonline.com/newyear

Establish a Weekly Rhythm of Rest

- Choose a day or even a few hours each week to pause, reflect, and reconnect with God.
- Incorporate small practices like silence, scripture meditation, or a reflective walk to create intentional moments of rest.



Podcast



You can listen to the entire Rest for Real Series at 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.