



Day 5: Steal Rest and Sabotage Sleep The War Against Your Rest

If I can keep you tired, I can keep you tame.

One of the most underrated spiritual weapons... is **rest**. But the enemy has done everything to convince you that rest is weakness.

Hustle is idolized. Burnout is glorified. Sleep is sacrificed.

Matthew 11:28 (AMP):

"Come to Me, all who are weary and heavily burdened ... and I will give you rest [refreshing your souls with salvation]."

But when was the last time you truly rested your soul? The enemy wants you exhausted —not just physically, but spiritually.

Because tired believers are distracted believers. And distracted believers are ineffective warriors.

Psalm 127:2 (AMP):

"It is vain for you to rise early, to retire late ... For He gives [blessings] to His beloved even in his sleep."

Rest isn't weakness—it's **warfare**.

Sabbath is not optional—it's protection. Turn off the noise. Lay down the hustle. And receive the rest that restores your power.

I'd like to ask you to take a minute and follow me on GodDesignLLC for 🙌
Episode 6: The Rise of New Age Deception (and Why It's Not Harmless).

DEVOTIONAL: "The War Against Your Rest"

SCRIPTURE:

Matthew 11:28 (AMP) — *"Come to Me, all who are weary ... and I will give you rest."*

Psalm 127:2 (AMP) — *"He gives [blessings] to His beloved even in his sleep."*



DEVOTIONAL REFLECTION:

Rest isn't a reward for finishing your to-do list. It's a weapon against the world's system.

In the Kingdom, rest is trust. It's saying: "God, You're in control. I don't have to prove myself. I just need to be present with You."

But the enemy will whisper:

- "You don't have time to rest."
- "You'll fall behind."
- "Rest is laziness."

Lies. All of them.

Jesus rested.

God instituted Sabbath. He didn't suggest it. He *commanded* it—for your good.

You fight spiritual battles by first restoring your soul.

DECLARATION:

I reject hustle culture. I receive holy rest. God restores my strength through Sabbath.

PRAYER:

Lord, teach me to rest like Jesus. Silence the pressure to perform. Restore my body, mind, and spirit through Your presence.

CHALLENGE: Set aside one full day this week as a digital Sabbath. No work. No noise. Just worship, rest, and being with God. Notice how your spirit responds.