

17 Wonderful Ways A Woman Can Find Rest & Refreshment

*For I will satisfy the weary soul,
and every languishing soul I will replenish.*

~ Jer. 31:25

1. Go for a walk.
2. Run a hot bath.
3. Read a good book.
4. Change your attitude.
5. Sing a song.
6. Create a place of rest.
7. Pray quietly.
8. Give thanks.
9. Snuggle up.
10. Cancel an activity.
11. Take a power nap.
12. Do something you love.
13. Call a friend.
14. Turn in early.
15. Slip away for a short break.
16. Soak in the truth of Scripture.
17. Enjoy the beauty of God's creation.

...Rest, my friend, and be refreshed.