

Take 5

WITH
PASTOR MIKE



A DAILY MOMENT.
GOD'S TRUTH.
LASTING IMPACT.



A MINISTRY OF HEARTSWAY BAPTIST CHURCH

WEEK ONE • HOLDING ONTO FAITH



SATURDAY



KEY TRUTH

Rest comes when we release control and entrust the outcome to God.

Resting in God's Faithfulness

TODAY'S SCRIPTURE (KJV)

Psalm 37:5

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

Good Morning!

Faith is not only the strength to keep moving. Sometimes faith is the humility to stop striving and rest in God's care.

We exhaust ourselves trying to control outcomes, solve tomorrow's problems, and carry burdens God never asked us to bear alone. The Lord invites us to commit our way to Him.

Committing something to God means placing it fully into His hands. We still obey, work, and pray, but we release the demand to control how and when He answers.

Rest is not inactivity; it is confident dependence. Lay down the burden you have been carrying. God's faithfulness does not depend upon your ability to keep everything together.



TAKE FIVE CHALLENGE

Take five intentional minutes today.

- 1 Read Psalm 37:5 prayerfully.
- 2 Write down one burden you need to release.
- 3 Thank God for handling what you cannot control.
- 4 Spend five minutes in quiet, unhurried prayer.
- 5 Protect time today for worship and spiritual rest.



SONG FOR THE JOURNEY

"Great Is Thy Faithfulness"
— Thomas O. Chisholm

God's faithfulness meets us morning by morning with mercy sufficient for each new day.



SHARE THE BLESSING

Give someone permission to rest. Offer practical help that lightens their burden and reminds them they are not alone.



PRAYER

Faithful God, I surrender the burdens and outcomes I have tried to control. Teach me to work faithfully without worrying fearfully. Quiet my heart in Your presence and help me rest in Your wisdom, timing, and care. I trust You with what I cannot carry. In Jesus' name, Amen.

Walking with you in Christ,

Pastor Mike

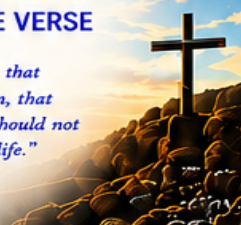
Heartsway Baptist Church

Doing God's work, God's way,
in Jesus' name!

THE GOSPEL IN ONE VERSE

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

John 3:16 (KJV)



PASTOR MIKE'S THOUGHT

Rest is faith refusing to carry tomorrow before God gives it to us.



TOMORROW'S TAKE FIVE

Week One • Sunday • A Life of Faith •
Hebrews 11:6 (KJV)



Heartsway
Baptist Church

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*Sharing God's Truth
Building God's People
Changing Lives*