



## CEASE STRIVING

*by Whitney Davis*

Women are known for wearing many hats. These hats include family, home, work, financial responsibilities, and the many things we say “yes” to. All of these commitments compound over time and can feel overwhelming and exhausting. We are all impacted by the pace and pressure of our modern-day world and often are in a constant state of being “on” with no time for rest. This way of living isn’t healthy for our physical or spiritual bodies.

Research proves that stress and overworking are impacting our bodies and causing stress-induced illnesses. But is there another way?

Scripture tells us in Psalm 46:10 NASB:

*“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

Some versions of this verse exchange the phrase “cease striving” with “be still.” When we are running on the proverbial hamster wheel of life-striving to attain, achieve, and produce, it seems counterproductive to stop and be still. However, at times this is exactly what the Lord is asking us to do. We are so busy doing things for God that we haven’t created time or space to be with God. Our striving tends to lead to one outcome- a sense that we are in control. If you are experiencing the strain and toll of striving, there are two things for you to be reminded of today.

## 1.) SURRENDER MUST REPLACE STRIVING

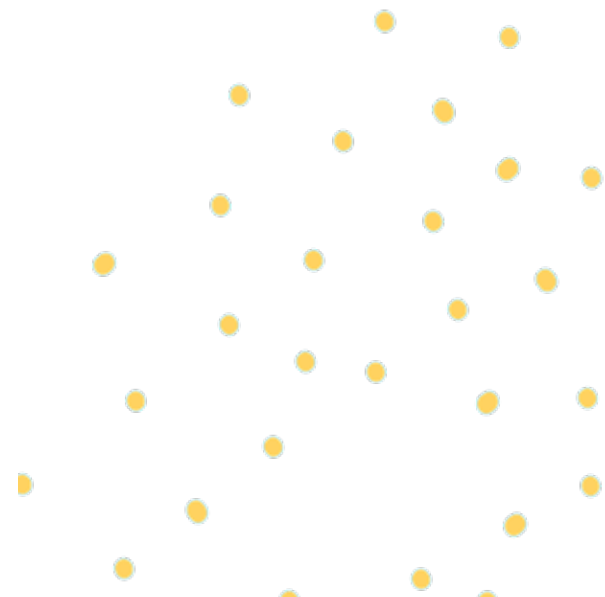
As we cease striving, we are challenged to acknowledge that He is God. This simple step has the power to bring such freedom to our lives. The striving that causes us to be overwhelmed and exhausted is rooted in our own strength, power, and fortitude. Simply acknowledging that we are not in control and do not possess the ability and strength to strive or produce on our own takes the pressure off our efforts. Surrender in this area is not suggesting that you are lazy and do no work or that you work at half capacity. It also does not imply that you abandon setting goals and working to achieve them or abandoning responsibilities and relationships. Instead, this surrender acknowledges that He is God and that His Holy Spirit working in and through you empowers you to work and flourish in your commitments. Daily surrendering to Jesus and allowing His Holy Spirit to guide you in wisdom has the power to make you more productive for His Kingdom and in life than your self-motivated striving ever will.

## 2.) GOD'S GLORY MUST ALWAYS BE OUR AIM

When we aren't walking in a close relationship with Christ, we can't hear from Him and know His heart. We will undoubtedly begin to work for selfish gain, whether we realize it or not. Scripture very clearly states that God WILL receive glory. No matter what we do, God is always working for His glory to be manifested and exalted in the nations and on the earth. It is far more advantageous for us to partner with Christ, submit to His will and way daily, and allow His Holy Spirit to work in us to bring about His glory on the earth. We are told in Matthew 11 that "His yoke is easy and His burden is light." We have the opportunity to work and produce from a place of rest when we partner with Christ. His burden is light- He does the heavy lifting. We just have to be willing and able to be conduits of His Holy Spirit. By surrendering our selfish desires and methods, we

position ourselves for a healthier way of living and thriving. Jesus Christ wants to work in and through us. He is with us as our guide and wants to reveal His glory through our lives.

So what does this mean for you today? If you feel exhausted from the pressures of your life, carve out some time today to pause. Acknowledge that Jesus is Lord and you are not. Draw close to Christ and allow Him to renew and reignite your soul. Commit to cease striving in your own strength. Seek Him for wisdom and partner with the Holy Spirit. Allow the power and presence of Jesus to work in and through you as you work from a place of rest rather than striving. Ask the Lord daily to reveal His glory through you.





**CONVERSATION STARTERS:**

- 1.) In what areas of your life are you overwhelmed or feel pressure?
- 2.) What have you found to bring relief to this pressure?
- 3.) How can you incorporate time for pause or stillness in your life?
- 4.) What do you think working from a place of rest means?

**CALL TO ACTION:**

- 1.) This week, spend time in stillness with the Lord. Journal what He speaks to you or what you feel during this time.
- 2.) If you are in a difficult season and feeling overwhelmed, reach out to a trusted friend and ask them to pray with you for strength and courage to surrender to Christ daily. Allow this friend to help hold you accountable as you carve out time daily to pause with the Lord.

**Commit to choosing surrender instead of striving this week. Stay rooted in God's Word and be still in His presence daily.**

**MEMORIZE:** "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46:10

