

Verses About Rest For Reflection and Meditation

[Exodus 33:12-14](#)

Moses said to the Lord, “You have been telling me, ‘Lead these people,’ but you have not let me know whom you will send with me. You have said, ‘I know you by name and you have found favor with me.’ If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people.”

The Lord replied, “My Presence will go with you, and I will give you **rest**.”

[Psalm 16:8-9](#)

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will **rest** secure,

[Psalm 62:1](#)

Truly my soul finds **rest** in God; my salvation comes from him.

[Psalm 91:1](#)

Whoever dwells in the shelter of the Most High will **rest** in the shadow of the Almighty.

[Psalm 116:7](#)

Return to your **rest**, my soul, for the Lord has been good to you.

[Isaiah 30:15](#)

This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and **rest** is your salvation, in quietness and trust is your strength. . .

[Jeremiah 6:16](#)

This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find **rest** for your souls.

[Matthew 11:28-29](#)

“Come to me, all you who are weary and burdened, and I will give you **rest**.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your souls.

