

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:30-31

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. - Ephesians 4:22-24

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12:2

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. - Psalm 51:10-12

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. - 2 Corinthians 4:16

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. - Matthew 11:29

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

I will refresh the weary and satisfy the faint. - Jeremiah 31:25

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! - 2 Corinthians 5:17

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. - Acts 3:19

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. For my yoke is easy and my burden is light. - Matthew 11:28-30

Then each of them was given a white robe, and they were told to wait a little longer, until the full number of their fellow servants, their brothers and sisters, were killed just as they had been. - Revelation 6:11

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. - Genesis 2:2-3

Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. - Exodus 20:8-10

On the day the LORD gives you relief from your suffering and turmoil and from the harsh labor forced on you, you will take up this taunt against the king of Babylon: How the oppressor has come to an end! How his fury has ended! - Isaiah 14:3-4

I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. - Psalm 55:6

I still had no peace of mind, because I did not find my brother Titus there. So I said goodbye to them and went on to Macedonia. But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere. - 2 Corinthians 2:13-14

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." - Mark 6:31

In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. - Psalm 127:2

Then he said to them, "The Sabbath was made for man, not man for the Sabbath." - Mark 2:27

So they went away by themselves in a boat to a solitary place. - Mark 6:32

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. - Psalm 4:8

Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed. - Exodus 23:12

The LORD replied, "My Presence will go with you, and I will give you rest." - Exodus 33:14

You will keep in perfect peace those whose minds are steadfast, because they trust in you. - Isaiah 26:3

The righteous perish, and no one takes it to heart; the devout are taken away, and no one understands that the righteous are taken away to be spared from evil. Those who walk uprightly enter into peace; they find rest as they lie in death. - Isaiah 57:1-2

The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. - Psalm 23

Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. - Psalm 37:7

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. - Hebrews 4:9-11

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. - John 16:33

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7