

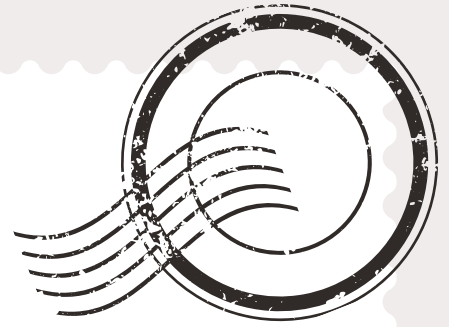
DAMILARE OLOKO-OMOGUNSOYE



**A  
LETTER  
TO YOU**

**REST**

A FIVE-DAY DEVOTIONAL GUIDE



DAY ONE - **COME**

*Hey friend,*

**First, a big thank you for downloading a copy!**

I hope you are well, not just free from worries, but truly happy and flourishing in every area of your life.

I've been meditating on God's idea of rest, especially as described in Matthew 11:28–30. I'm reminded that His invitation is simple. Come to Him when you're weary. He's not looking for self-sufficient soldiers. He's looking for hearts willing to come.

Are you carrying a burden that feels too heavy? Then this invitation is for you too. In exchange for your weakness and your burdens, He promises rest, real rest for your spirit, soul, and body.

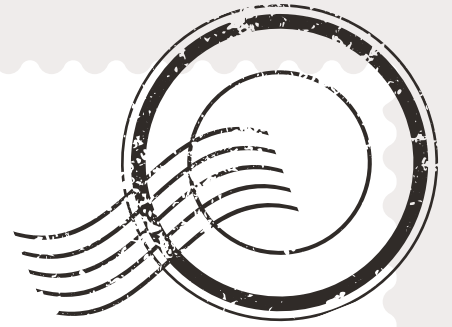
My prayer is that, by the end of this study, you will truly find rest and begin to walk in it daily, in Jesus' name. Amen.

**Reflect:** *What does a truly happy life look like to you?*

WITH ALL MY LOVE,

*Damifare*





DAY TWO - **FEAR**

*Hey friend,*

It's another day to be enthusiastic and bold!

Yesterday, we reflected on Jesus' invitation to come to Him and find rest. Today, let's take it a step further. One of the things that often keeps us from entering that rest is fear.

You don't have to go through life afraid or weighed down by worry. Instead of worrying, Jesus invites you to come to Him and find rest.

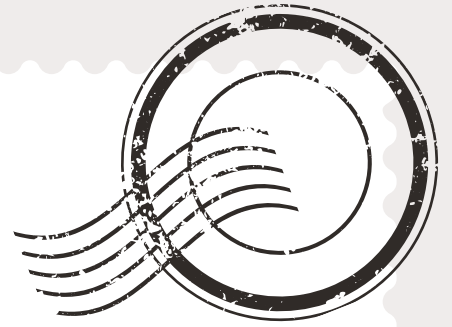
In Deuteronomy 20, God encouraged His people not to be afraid, even when they faced armies greater than theirs. He reminded them that the God who brought them out of Egypt was still with them.

In the same way, you don't need to be afraid of your current situation. The God who is greater than all is with you.

Verse 8 says:

*"Then the officers shall add, 'Is anyone afraid or fainthearted? Let him go home so that his fellow soldiers will not become disheartened too.'"*





DAY TWO - **FEAR**

Those who were afraid were allowed to return home because fear could spread and weaken others. Fear is like a disease, it is contagious.

So make a decision today to confront that fear and hand everything over to Jesus, just as He invites us in Matthew 11:28. As you do, you'll begin to experience the rest He promises, not just in theory, but in your everyday life.

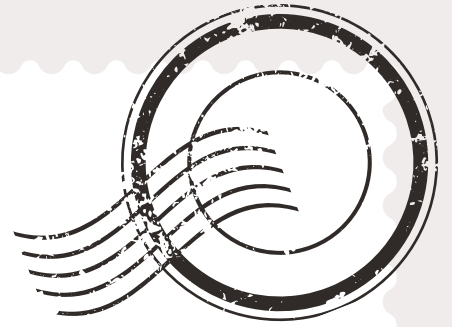
I wish you God's best today.

**Reflect:** *What is more productive, spending time worrying or praying?*

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DAY THREE - **AWARENESS**

*Hey friend,*

How are you today? I truly hope your day has started well.

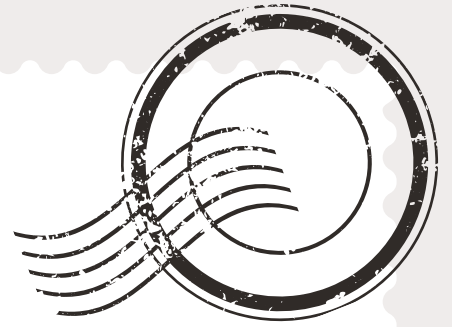
Over the past few days, we've reflected on God's invitation to rest and the need to let go of fear so we can walk in that rest. Today, let's go a little deeper. One of the ways we protect that rest is by staying spiritually aware.

Be reminded that "we are not ignorant of Satan's devices" (2 Corinthians 2:11). The enemy often works quietly to steal our peace and distract us from the rest God has prepared for us. He tries to sow seeds of unrest, but we don't have to take the bait.

So today, choose joy, peace, and rest, even in the middle of difficult situations. Ask God for wisdom in navigating that challenging relationship. Choose to respond from a place of rest, not striving.

Make a conscious decision to believe the truth of God's Word, no matter what your circumstances may be saying. Remind yourself throughout the day, "*This is my truth, and I stand on it.*"





DAY THREE - **AWARENESS**

As you stay grounded in His truth, you will guard the rest He has given you.

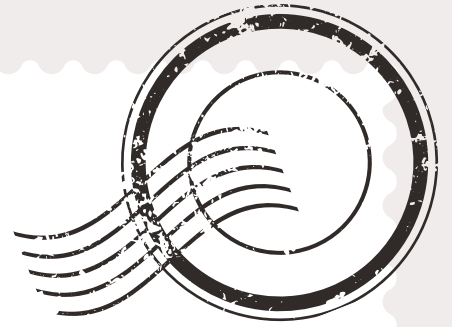
I pray that today will be filled with quiet victories for you.

**Reflect:** *What is contending for your peace right now? What will you do about it?*

WITH ALL MY LOVE,

*Damifare*





DAY FOUR - HUMILITY

*Hey friend,*

It's such a blessing to be part of what God is doing in your life.

Over the past few days, we've been reflecting on God's rest, learning to let go of fear, and staying aware so we can guard our peace. Today, we turn our focus to something just as important in this journey, the posture of our hearts.

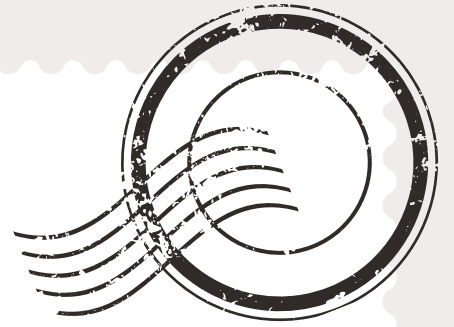
One part that stands out to me from Matthew 11 is verse 29: *"Learn from me, for I am gentle and humble in heart."*

In Ephesians 4:1–2, Paul also encourages us *to live a life worthy of our calling by walking in humility and gentleness.*

It becomes clear that humility and gentleness are not optional. They are part of how we grow and walk closely with God.

So today, I want to encourage you to respond to others with grace. Extend grace, even when it feels undeserved. Keep learning from Jesus, just as He invites us to, and trust Him to shape your heart.





DAY FOUR - **HUMILITY**

As you do, you'll find that this posture helps you remain in the rest He has given you.

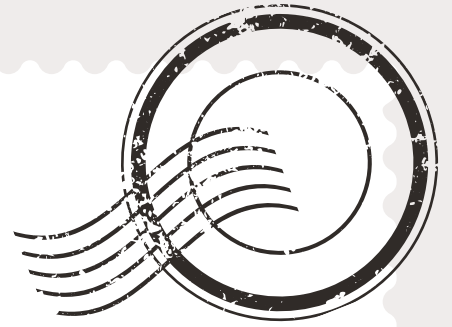
I'm praying that fresh grace is released upon you today and in the days ahead.

**Reflect:** *What is at the top of your worry list? Can you trust God with it?*

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*Damifare*





DAY FIVE - **REST**

*Hey friend,*

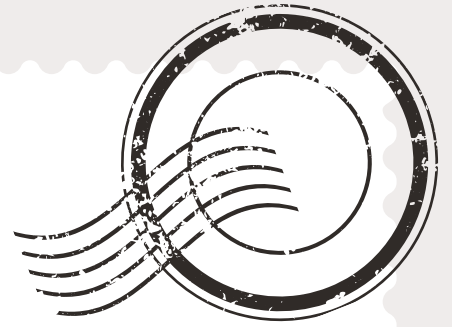
As we come to the end of this journey, I'm reminded again of how kind God is to invite us into His rest.

We started with His call to come, just as we are, weary and carrying so much. Along the way, we've seen how fear can keep us from that rest, how staying spiritually aware helps us guard it, and how humility and gentleness shape how we walk in it daily.

I remember getting really upset with a friend who kept repeating a behaviour we had already talked about. That evening, the Holy Spirit reminded me that I had prayed about it and surrendered that friendship to Him. Trying to fix the situation in my own way was me taking back control of something I had already handed over.

Sometimes, when we keep worrying about what we've already given to God, whether it's our job, career, family, relationships, finances, or even our future, it shows how hard it can be to fully trust Him.





DAY FIVE - **REST**

Today's word is simple. Rest.

Stop trying to be in control. Take a deep breath. And rest.

He is able to carry what you have placed in His hands.

**Reflect:** *Who can you extend grace to today?*

WITH ALL MY LOVE,

*Damifare*



# Thanks

**Dear Reader,**

Thank you for taking this journey with me.

I hope the words of these letters have blessed you deeply, and that you'll continue to live out their truths.

Remember, the invitation is simple: leave everything and come.  
Come just as you are. God will take care of you.

I would love to hear your reflections and testimonies.

Connect with me on social media and share how this devotional has touched your life.



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