

Walk Lightly: A Rhythm of Reflection with Jesus

BUILT ON MATTHEW 11:28-30 AND THE GENTLE WAY OF JESUS

*"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

Purpose | After an event, experience, or season pause to celebrate what God has done, release what you can't control, and re-center your heart in Jesus' presence. Take 10–15 minutes (or more if you linger). Write, pray, or simply sit with Him.

1

Come to Me

"Be still and know that I am God." — Psalm 46:10
Take a few slow breaths. Let your shoulders drop. Invite Jesus to be present. Whisper, "Here I am, Lord."

Listening Pause:

Ask, "Jesus, how do You see me right now?" Be still for a minute. Notice any word, image, or phrase that rises gently to the surface.

2

Celebrate with Gratitude

"Rejoice that your names are written in heaven."
— Luke 10:20

- What moments are worth celebrating?
- Where did you see God's grace or favor?
- What surprised you in a good way?

Thank Him—name each gift aloud or in writing.

Prayer: Thank You, Jesus, for the goodness You allowed me to taste and share.

Listening Pause:

Ask, "Lord, what delights You most about this?"

Let His joy shape your gratitude.

3

Be Honest About What Hurts

"My soul is overwhelmed with sorrow..."
— Matthew 26:38

- What was disappointing or confusing?
- Where did you feel unseen or burdened?
- What didn't go the way you hoped?

Offer it honestly. Jesus meets you there.

Prayer: Jesus, I give You this part of my heart. Meet me in what feels heavy or unfinished.

Listening Pause:

Ask, "What do You want me to know about this pain, Lord?"

Wait quietly—no pressure, just openness.

4

Release the Outcomes

"Not my will, but Yours be done." — Luke 22:42

Imagine placing the event, experience, or season, its results, and your expectations into His hands.

You don't have to carry them anymore.

Prayer: Lord, what's mine to learn, help me see. What's Yours to carry, help me let go.

Listening Pause:

Ask, "Jesus, what are You inviting me to release or hold differently?"

5

Walk Lightly Again

"Remain in Me, and I will remain in you."
— John 15:4

- What truth or reminder will you carry forward?
- What can you leave behind?
- What small act of rest or delight can help you abide today?

Closing Prayer:

Jesus, thank You for being near—in joy and in disappointment, in the seen and unseen. Teach me to walk lightly, to celebrate freely, to listen deeply, and to rest in You. Amen.