

## Rest — What Restores Me

### Verse 1

When was the last time you rested your mind?  
Or is it always running, chasing time?  
Do you ever stop just to breathe it in,  
Or are you already thinking 'bout where you've  
been?  
I've been running hard, I've been pushing through,  
Always reaching for the next thing to do.  
But the road gets quiet when I slow my pace,  
And I start to hear what I've been missing all this  
way.

### Pre-Chorus

There's a difference between stopping and letting  
go,  
Sometimes strength is found in moving slow.

### Chorus

Rest doesn't slow progress—it protects it,  
Rest restores the heart so the journey can continue.  
It's not quitting the climb, it's learning to breathe,  
So I've got the strength to keep going when I  
need.  
Rest is preparation for what comes next,  
It's how I refuel, how I give my best.  
I lay it down, I let it be,  
Rest is what's restoring me.

### Verse 2

Do you give your body time to recharge,  
Or are you always chasing something far?  
Do you listen when your soul feels worn,  
Or push past the signs till the light feels gone?  
Do you give God space to reset your heart,  
To refocus your steps before the day even starts?  
In the stillness, I remember who I am,  
Not just what I do, but who I am in His hands.

### Pre-Chorus 2

The quiet isn't empty, it's where truth is found,  
Where peace shows up without a sound.

### Chorus

Rest doesn't slow progress—it protects it,  
Rest restores the heart so the journey can continue.  
It's not quitting the climb, it's choosing to breathe,  
So I can keep going when the road gets steep.  
Rest is preparation for what comes next,  
It's how I refuel, how I give my best.  
I let go, I trust the pace,  
Rest is what's restoring me.

### Bridge

In the quiet, I hear You clearly now,  
You remind me I don't have to carry it all.  
The slow moments heal what the hurry breaks,  
And peace gives me what striving never gave.  
Rest doesn't slow progress—it protects it,  
This pause is the power I didn't expect.

### Chorus

Rest doesn't slow progress—it protects it,  
Rest restores the heart so the journey can continue.  
It's not quitting the climb, it's learning to breathe,  
So I can keep going when I'm feeling weak.  
Rest is not quitting—it's preparation,  
For the dreams ahead and the next horizon.  
I pause right here, I finally see,  
Rest is what's restoring me.

### Outro

So where do I need to pause and refuel?  
Right here...  
Right now.  
I rest.