

# RELAX:

## Your Redeemer is Working

A prayer guide  
based on Ruth 3:18.



## RELAX

"Sit back and relax, my dear daughter, until we find out how things turn out... he's going to get everything wrapped up today."

Ruth 3:18 The Message

An acronym for **RELAX** to help you do just that, while you wait on your Redeemer.

**R**ecline into His arms. Feel His

**E**mbrace and His love for you.

**L**et go of your desires and your

**A**genda and plans.

**eX**hale your fear and worry.

**Recline.** Lean on. Lie back and rest.

Consider His character. Praise Him for what you need Him to be for you today. See Psalm 103:1-6

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**Embrace.** Feel His arms around you.

Remind yourself how much He loves you and that He gave His life for you. See 1Peter 2:24

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**Let Go.** Let your guard down.

Trust Him to protect you. What self-defensive stance do you need to release? See Psalm 62:1-2

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**Agenda.** Examine your desires.

Is your will in line with His? Share your heart with Him then come into agreement with Him. See Matthew 6:10

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**eXhale.** Deep breath in. Deep breath out.  
Let your worries and fear rise to the surface.  
Release them all to Him. See 1Peter 5:7

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**Amen.** Let it be so.  
Thank Him for He is good and His steadfast love  
endures forever. See Romans 8:28

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A free resource from [UnraveledLove.com](http://UnraveledLove.com).