



What could it look like to practice rest?

1. When you do most deeply rest? What activities do you find refreshing and replenishing?
2. What exhausts you? What keeps you pushing past your limits? Is your tiredness a tiredness of the body or a tiredness of the soul/heart?
3. Do you plan times of rest? Do you build margins into your life? When do you slow down? Is this a discipline for you?
4. Who in your life encourages you to practice good habits?
5. How can you better listen to and be encouraged by those in your community who help you flourish?