



Rest

Rest is one aspect of broader stewardship. It allows us to be good stewards of our time and energy and encourages practices that support well-being, which is essential for participating in a thriving community. When we practice rest, we recognize and honor our limits, curbing our addiction to busyness, giving ourselves freedom from the compulsion to take our identity from what we do, and taking time to delight in the good gifts around us.

But what is rest?

Rest is not about tuning out. Rest is for slowing down so you can better tune in to yourself

Practicing rest means recognizing your own limits by creating space to step away from work. But practicing rest is also about being intentional with what you choose to do with the time and space you create. Rest should include engaging in restorative and intentional activities like reflection or meditation, journaling, exercise or physical activity (without technology), or time outside. Being with yourself without distraction can be challenging. We are cultured to idolize busyness and are swamped by options for ways to be distracted.

It can take time to learn how to be comfortable being with ourselves. Our culture encourages us to measure our identity and worth by our activity and achievement, which makes it easy to associate rest with wasting time or being lazy. In fact, the opposite is true.

Rest creates the mental space for us to recognize our needs and desires and understand what we need to be our best selves. It can increase our well-being and flourishing as well as lead to increased focus and productivity during the times when we engage in work.

We often think that rest is something that happens after we have completed our work. Instead, we should reframe our thinking to consider how we can work from our rest rather than resting from work (M. Breen, *Building a Discipling Culture*).

We would like you to find a way to practice intentional rest. Watch the short video to reflect on questions that will help you decide how to engage with rest.