

CHAPTER 2 – THE SECRET LIFE OF THE WELL RESTED

SCRIPTURE FOCUS – *When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be Still!” Suddenly the wind stopped, and there was a great calm. Mark 4:39*

Kathy - We've all been in these storms, and we just need the peace of Jesus.

KEY CHAPTER QUOTES-

*The Optimist in me refused to accept brokenness as a resting place.

*The most effective rest occurs when we are purposefully reviving the parts of our life we regularly deplete. *(Kathy – Sandra talked about replenishing ourselves. We have to be replenished to be able to do His will!)*

*The human default mechanism is to do what's easy rather than what's beneficial.

*Downsizing your life without a restful plan for filling the gaps opens the door for other enemies like laziness and apathy.

*Sometimes the unusual opens the door to the miraculous.

**Rest requires submission of the soul.*

REFLECTIVE QUESTIONS -

1-A tired body and mind crave stimulants such as caffeine or exercise to keep it fueled. Jesus rested in the midst of His storms, yet we neglect to do the same.

What keeps us from rest?

Jackie-too much activity keeps us from rest.

Kathy - its hard to define the things that keeps us from rest.

2-What is your daily grind? Does it repeat throughout the week, or do you allow time each day to unplug and unwind?

Debbie - Being a retiree, I enjoy certain activities (water aerobics twice a week). But I have daily things where I take my time with the Lord (Jesus Calling). I'm able to place my day in his hands even though I may have had plans before that. I may not get to it under later in the day, but the first of the day is the best time for me.

3- Examine a sleep tracker, and you'll quickly see a pattern of imbalance. Sleep is physical, and rest is spiritual. What 'tracker' are you using to measure each of these?

Kathy – I have a fit bit that measures how good I sleep. I've noticed that in the past month I've gotten good rest. The fit bit scores you, so something I'm doing has helped with this and I can tell the dates if it wasn't good. I realized that I was stressed and was trying to get a lot of things done on the days I was not resting.... like when my friend died. I've been a score of 80 in the past 2 weeks which is good.

Kathy - Another way to track is through journaling.

Sheri - journaling can show you where you were and where you are now. Its something I've been doing for years; and its fun to look back over the years and see how you've grown in the Lord; and how your thoughts change.

4- Do you have a problem with productive people or worn-out people?

5-We surround ourselves with people who mirror our activity and lack of rest. When an outsider comes into the group with an alternative plan, how does that affect the pack Why?

Greg-As far as surrounding myself with people, I don't hang out with very many people outside of work. Those I work with are highly motivated and very physically, mentally, and emotionally engaged. When someone comes in and says why don't things this way, because it will make it better. Greg generally stands back and lets it play out to see how it will work. He doesn't feel he has a choice in the matter.

Kathy-some listened to Jesus and followed him; but the Pharisees didn't want change and tried to get rid of him. The leader they were looking for didn't turn out like they thought he would.

Today we have different leaders and bosses; and it's hard to make a change when this happens. We have to go to God for discernment to make that change. Trust might become the flavor of the month.

6- Why is REST so often underused?

Jackie - because we just get so wrapped up in our schedules and don't take time to rest.

Kathy - sometimes we don't know what kind of rest we need. You may be viewed as lazy if rest is part of your life. We have a lot to change in ourselves.