

CHAPTER 3 – THE REST YOU’VE BEEN MISSING

SCRIPTURE FOCUS -*My insides are turned inside out; specters of death have me down. I shake with fear, I shudder from head to foot. “Who will give me wings,” I ask – “wings like a dove?” Get me out of here on dove wings; I want some peace and quiet. I want a walk in the country. I want a cabin in the woods. I’m desperate for a change from rage and stormy weather. Psalm 55:6-8*

KEY CHAPTER QUOTES –

- *Brokenness is beautifully ugly, drawing to the surface everything ready to be pruned.
- *Healing occurs when we allow ourselves the time, space, and grace to be in the presence of God in the middle of our busy lives.
- *Healing and wholeness require access into our lives, and room to make us better.
- *You can either honor your need for rest or surrender to the one-two punch of a mandatory rest.
- *Your body needs physical, mental, emotional, spiritual, social, sensory and creative rest. Omit any one of these, and you will feel the consequences of the results rest deficit.
- *For every depleting activity in your day, there is a punter revising activity to balance the scales.
- *The best time to rest is when you don’t have time for it.

REFLECTION QUESTIONS-

1-A passport is a validation stamp of travel – with an expiration date. If you have the resources and time, where would you travel? When is your anticipated expiration date? (Example: Before kids are born, when kids are in college, before my knees and back give out)

Connie - I go to my cabin and find peace.

Kathy-my friend told me that when they receive a Christmas Card, they pray for the family who sent it. This is a great idea and when we get to take a walk, we should consider making it a prayer walk. That can also be a good time to meditate on a scripture.

Rena - has traveled to many countries as her husband worked in different places. She wants to travel where it is beautiful; Alaska is a place she would like to go. She would like to take her mobile home there. Rena shares that she rests when she travels. The year covid happened, her husband was off work and (blessing) they were still paying him. He and Rena stayed in Colorado for one month and it was so relaxing. We are dog people, so they put them in the camper and were gone for six weeks.

2-We often look for satisfaction which is immediate, such as chocolate or the exhilaration that comes after jogging. What are your immediate satisfaction

methods? Are you using immediate satisfaction to satisfy a different longing, such as rest or relationship?

Carol -Crocheting is something I enjoy. I love to create different things. I've even been requested to make a paw print baby afghan. My friend, Janet made a pattern for me, and offered to help me. Its neat to make something for someone in need; and having someone offer to help me made me feel even better. I also like to listen to old time radio shows because they bring back memories of my childhood with my parents. When I think about the past it usually causes me to reflect and pray.

3-What would it feel like if you seek satisfaction in prayer, worship, or praise? When are you willing to try this? Is it a 21-day experience or a one-time deal?

Carolyn -That is the only way you get satisfaction. It's an everyday thing, sometimes several times a day. This is how I get through things, with prayer, praise and worship and its the best way to go.

Kathy-We have to stay in the word!!!

4-Write a list of the people you are too busy to spend time with and those you are intentionally keeping at a distance. Are some names on both lists Have you taken this to Jesus in prayer, to friends in gossip, or internalized it as bitterness?

Kathy-think about this one. It may be my challenge for the year. Tess knows this very well. We either become better or bitter. Tess could teach us a lot about this from your education and work. We are very blessed to have each other.

5-Our soul is refreshed with beautify, yet each of us has a different vision of what is beautiful. For some it's laughter on a child's face; for others it's the colors of the ocean or an evening sky. What three things do you consider magnificently beautiful?

Barb -The one thing I think is beautiful, is flowers inside and outside; congregation of having family at different functions whether it be Christmas or holiday (families come together and stay together); and just in general, the landscape, particularly in the spring when things start to turn green, and the trees are budding out.

6-Do you fanaticize about rest, or make time for it? Are you waiting for illness and forced rest, or refreshing voluntarily?

Judy-While I'm crocheting, that is when I rest. My body is resting, and I never get tired of reading the word of God, which is a time of rest for me also.

7-Which of these rest types do you rely on most often: physical, mental, emotional, spiritual, social, sensory, or creative rest? Which are you deficient in? (Take personal rest deficient assessment in the back of the book or online at RestQuiz.com)

Kathy - People need to be social. Some are kinda like helmets and don't like to socialize, but they need to rest.

Has everyone done the rest assessment in the back of the book?

I'm so much more restful since retirement, but when I took this, I found some deficits. I need to have more creativity in my life, so make sure you read those areas that Dr. Dalton-Smith is talking about so you can improve those areas of your life. God wants us to rest in Him, be secure in Him and Able to do His will.

Jackie - I spend a little bit of time (sometimes a lot) in music and worship in the afternoon, which gives me spiritual rest and pours back into me. I really have to have that time and I spend time in worship. Music rebuilds the soul. Its very important. When you want to rest, set down and put on some worship music. When in your car, listen to Joy FM.

8-Write this down in your phone: The best time to rest is when you don't have time for it. Did you write this as a memo/note, or as an appointment? Why?

Sheri-I put it in my notes because I use Notes all the time, but it should probably be an appointment.