

PERMISSION TO REST



WHY DO WE STRIVE TO THE POINT OF EXHAUSTION?

- To please others
- We don't delegate
- "Superhero" status
- Society taught us we need to "have it all"
- We have a hard time saying "no" even when we need to
- Lack of trust in others to do it
- Not understanding how important rest is to our health and well-being
- Once we take things on it is hard to drop them even if they are not serving us

What causes you to strive to the point of exhaustion?

WHY IS SLEEP IMPORTANT?

THE FOLLOWING ARE EFFECTS IF YOU DO NOT GET BETWEEN 6-8 HOURS OF SLEEP PER NIGHT

- Increased irritability
- Mood changes - increased anger, aggression, emotional outbursts
- Decreased learning ability - negative effects on attention, decision making, creativity
- increased cognitive and memory decline
- increased risk of Alzheimer's disease, heart disease, diabetes, infections, certain cancers
- increased chance of weight gain

BENEFITS OF REST

- Rest allows our bodies time to recover
- Rest helps prevent injuries and improve overall performance
- Rest aids in muscle repair, reduces inflammation
- Rest supports a healthy immune system
- Rest helps manage stress levels
- Rest lowers blood pressure contributing to a healthier heart
- Rest is vital for better mental health, increased concentration and memory
- Rest improves mood and metabolism
- Rest allows us the time to reflect, so we can course correct going forward
- Rest helps us to renew our energy levels so we can function at peak efficiency
- Rest allows us to be alert and focused when we return to our tasks

Can you think of other benefits of rest?

I know the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety. Psalm 16:8-9

How has the Lord being with you helped you feel safe enough to rest?

“When you rest, you mend. When you rest, you grow. When you rest, you create space for wisdom to emerge.” - *unknown*

SOME WAYS CAN YOU REST OTHER THAN SLEEP?

- Relaxation
- Reading
- Reflecting
- Walking
- Retreat
- Journaling
- Playing Games
- Hobbies
- Drawing
- Praying
- Singing or listening to music, playing an instrument
- Cuddling pets
- Enjoying nature
- Visiting with a friend
- Crafting
- Crocheting, Knitting
- Sewing
- Painting
- Colouring
- Taking a long bath
- Getting a massage
- Meditating on God and Scripture
- Exercise
- Clean/Organize

What are some ways you find rest?

TRUSTING GOD COMPLETELY BRINGS REST TO US

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. Psalm 91:1-2

What causes you to trust God?

As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" 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. Then he asked them, "Why are you afraid? Do you still have no faith?" Mark 4:35-40

Jesus was demonstrating to them that in Him they could find trust no matter what storm they faced. What storms have you faced that Jesus has been your peace through?

"Rest is the joy of focusing internally instead of externally. It's taking time to nourish your soul and find calm within life's storms."

unknown

Biblical Sabbatical Rest

God modelled Rest for us during creation.

He worked for 6 days and rested on the 7th.

God mandated sabbath rest for our good.

But most of the time we see it as an inconvenience and unnecessary.

When we break biological laws there are natural consequences.

Have you ever experienced Sabbatical rest? If so, what about it stood out to you? If not, why do you think it would be beneficial?

Did you know?

1. You undergo significant physical, hormonal and emotional changes every 7 years.
2. God even commands us to give our land a sabbath every 7 years to replenish the land. Our lands are so depleted of nutrients because very few people observe a sabbath for the land.

What 7 year rhythm have you seen in your life?

WHAT LIFE IS LIKE WITHOUT REST!

<https://www.facebook.com/reel/337164775337217>

What are your thoughts based on this clip?

Proverbs 3:5-6

Trust in the Lord with all your heart, do not depend on your own understanding. In all your ways acknowledge him and he will make your path smooth and straight.

Why is trusting God so important when it comes to rest?

Symptoms of not getting enough Rest

1. Feeling Overwhelmed
2. Anxiety and depression are symptoms of your mind and body shutting down, and not being able to cope. When you prioritize time for rest and self-care you significantly decrease these in your life.
3. When you want to rest you find it difficult to slow down, your mind keeps racing and you are not in a peaceful state.
4. Overly emotional, easily upset,

What do you experience when you haven't had enough rest?

"If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath- our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us."

A handwritten signature in black ink that reads "Wayne Muller". The signature is written in a cursive, flowing style with a long horizontal line extending from the start of the name.

What do you think this saying means? How have you experienced this in your life?

7 Principles of Rest

1. Rest before you get tired
2. Have a rhythm to your rest
3. When you are resting, actually REST
4. Rest from Social media and Electronics as well
5. Find a Hobby
6. Find ways to rest with your family or loved ones (connection)
7. Use your time of rest to connect and listen to what God would like to speak to you.

"As we wait, God reveals his purpose in the preparations he is doing within us, and our hopeful outlook is the result."

-Shelly Miller

GIVE YOURSELF PERMISSION

The hardest part of all of this is actually giving ourselves permission to rest.

Is everything you are doing now worth your health, your mental well-being, your future?

IT IS TIME TO GIVE YOURSELF PERMISSION TO REST!

Activation

PERMISSION

Take the next five minutes and create your own permission form.

First, acknowledge that you need rest.

Second, make a plan to create space and time to rest effectively. What needs to be delegated? What can you let go of? Who do you need to tell to ensure this happens?

Thirdly, think about what you will do in your time of rest. You can choose the activities we discussed earlier or anything you find restful.

NOTE: If we do not find ways to fill this time, we will be tempted to fill it in other ways that are not restful.

Lastly, how will you protect this time? What boundaries will you put in place to ensure you get the rest you need.

These are all essential pieces to giving yourself permission.

3 Keys to Remember

- 01 REST IS VITAL TO OUR HEALTH, BODY, SOUL AND SPIRIT. IN YOUR REST REMEMBER SLEEP IS AN IMPORTANT PART.
- 02 DON'T BE AFRAID TO PRIORITIZE REST IN YOUR LIFE. IT IS THE VERY THING THAT COULD LAUNCH YOU FORWARD. WE ALL NEED TIME TO RECALIBRATE.
- 03 SABBATH REST IS SOMETHING THAT GOD DESIGNED FOR YOUR GOOD. IF YOU DON'T PRIORITIZE REST YOU WILL GET IT FROM UNDESIRE CONSEQUENCES.

"Rest reminds us that we have limits and helps us avoid burnout. It's listening to what our bodies and minds need to stay healthy."