

CREATE YOUR PERSONAL REST STRATEGY

Rest is how God pours back into your life to bring restoration, renewal, refreshing, recovery, replenishing, rejuvenation, and revival.

Jeremiah 17:7-8 - Blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

7 Areas of Rest Available to You:

1. Spiritual Rest
2. Physical Rest
3. Mental Rest
4. Emotional Rest
5. Sensory Rest
6. Creative Rest
7. Social Rest

Your personal Spiritual Rest Strategy can include:

- Dedicated prayer/mediation time (5 minutes is a great start)
- Traveling praise and worship (no news or talk radio, only worship when driving)
- Edifying phrases/scriptures/quotes in frequently visited places (office, break room, halls)
- Focused time in God's presence (relationship building mindset)

Your personal Physical Rest Strategy can include:

- Leisure walks/prayer walks
- Sleep at least 6-8 hours daily
- Drink daily water requirement first before any other liquids allowed
- Practice body fluidity by avoid staying in the same position for prolonged periods
- Active stretching exercises to release tense muscles.

Your personal Mental Rest Strategy can include:

- Guard your ear gates and your eye gates
- Meditating on an attribute or characteristic of God
- Journaling your thoughts so you can release them and not dwell on them
- Redirecting your mind to a word or scripture of the day

Your personal Emotional Rest Strategy can include:

- Find time to do work that brings you satisfaction
- Spend time doing activities you love just because you love them
- Have life goals that are bigger than yourself; see yourself as part of God's big picture.
- Acknowledge and deal with anger and negativity
- Maintain a high self-esteem (without gossiping, envying, or comparing yourself to others)

Your personal Sensory Rest Strategy can include:

- Purpose to spend some time each day off your electronics
- Adjust the brightness of your cell phone and computer screens
- Change the sound of your alerts and notifications to something that is pleasant
- Start enjoying more fruits and vegetables in their natural state
- Spending time in silence
- Make sure the room you sleep in is dark and cool

Your personal Social Rest Strategy can include:

- Support cultural education opportunities (spend time with those who are different from you)
- Stay connected with extended family and friends, but also have a few in your inner circle (Out of all the people Jesus ministered to, he focused his attention on just 12 disciples, and only 3 (Peter, James, John) were in his inner circle)
- Value opportunities to celebrate life and love (Birthday, Anniversary, Marriages)
- Develop strong healthy social relationships (real ones, not the social media kind)
- Build community wherever you are (treat people the way you want to be treated)

God's desire for each of us is summed up beautifully in 3 John 1:2 - **Beloved, I wish above all things that you may prosper and be in health, just as your soul prospers.**