



The Rest Inventory

Read

Delete

brief intro

If you've downloaded this guide, chances are you already know that you're not resting well - and you want to do something about it. But how?

This short, practical guide includes a series of guided questions & ideas to help get you started on learning to get better rest...

Jesus said:

"Are you tired? Worn out?
Burned out on religion?
Come to me. Get away with me
and you'll recover your life.
I'll show you how to take a real
rest. Walk with me and work
with me - watch how I do it.
Learn the unforced rhythms of
grace."

(Matthew 11: 28-30)

what is 'pseudo' rest?

Do you regularly find yourself crashing out on the sofa at the end of the day? Bingeing on Netflix shows? Or scrolling on your phone for things you don't need?

Too often what we think of as 'rest' in our culture isn't real rest at all; it's a form of pseudo-rest. It may be physical stillness, but our minds are still racing & restless...

rest inventory: questions

- Are you resting enough? How much, how often? And is it quality rest? Is it rest for your body, mind & soul?

- Have you established regular rhythms of rest, or does it happen haphazardly?

- And when you do rest, do you enjoy it? Or do you still feel guilty, restless, or on edge?

- What things feel truly restful to you? Are you making time for them?

3 biblical rhythms of rest

i) Small Moments of Pause

>> Pace yourself well by taking regular short breaks during your day.

Most research shows that small, regular breaks actually make you more productive!

small pauses

- Pray before you start the day
- Take a coffee break
- Practice short pauses between tasks
- Go for a short walk over lunch
- Don't eat at your desk
- Light a candle in your study
- Enjoy a device-free evening meal
- Journal/reflect on the day.

“Be still &
know that
I am God”
(Psalm 46:10)



3 biblical rhythms of rest

2. Weekly - Sabbath Rest

>> Plan one day in seven where you take a break from work & being productive.

Step away from your usual routine, and choose a day of worship, celebration, feasting and rest.

sabbath rest

- Taking a walk
- Reading a book
- Having a long bath
- Going for a run
- Playing a board game
- Hanging out with friends
- Eating a meal out
- Taking a short trip
- Enjoying a fun family outing
- Visiting an art gallery or museum
- Getting offline
- Enjoying a hobby
- Playing some music

"God blessed the
seventh day,
and declared it holy,
because it was the day that
He rested
from all his work"
(Genesis 2:3)



3 rhythms of rest

3. Seasonal Holidays 'or Holy Days'

>> Not every seasonal break or holiday needs to involve a big expense or going abroad, but aim to take a regular extended break, once each calendar season if possible - about quarterly is ideal.

seasonal rest

- Take a spring break daytrip as a family
- Celebrate at home with family, feasting & fun
eg. Christmas, Thanksgiving
- Plan a weekend getaway as a couple
- Take a week off in the summer holiday

"There is a season for
everything and a time
for every delight &
event under heaven."

(Ecclesiastes 3:1)



about

Anna Kettle is a published author, speaker & an award-winning marketing professional.

Her first book, '*Sand Between Your Toes: Inspirations for a Slower, Simpler, More Soulful Life*' was published earlier this year.

You can download **FREE** sample pages & sign up for more slower living tips at:

www.annakettle.com

@annakettlewrites

