

Women & More

‘Rest’—Who Me?

October 27, 2011

The busyness of today’s fast-paced living often begs a struggle with *‘time-management’*, but could the struggle actually be with a deletion of, and consequent depletion of God-given *‘rest-management’*? God gives *rest* his blessing—daily, weekly, monthly, yearly, and we need to practice *His resting!*

“If we don’t come apart and rest awhile, we may just come apart.”

Vance Havner

Of all thy gifts and infinite consolings,
I ask but this: in every troubled hour
To hear thy voice through all
The tumults stealing,
And rest serene beneath its
Tranquil power.

“The rest of your life depends on the rest of your nights.”

Anonymous

Prepare by Soaking in Scripture:

Psalm 4:8

Psalm 23: 2-3

Matthew 11:28-30

Mark 2:27

Hebrews 4:1

Scripture to Memorize:

Psalm 3:5 *“I lie down and sleep; I wake again, because the Lord sustains me.”*

NOTES on Speaking Session:

Questions for Mentor-group Discussion:

1. Describe how you rest?
2. Many people associate rest with idleness and prefer to be constantly busy. Explain your view? Is rest something you deliberately seek out for your life?
3. List the advantages of *resting* that you have found to be true in your life?

Recommended Reading:

Stress and The Woman's Body, by Hagar

Women in Mid-Life Crisis, Jim and Sally Conway

Women Who Do Too Much: Stress and the Myth of the Superwoman, Patricia Sprinkle

Women Under Stress, Preserving Your Sanity, Randy and Nancy Alcorn

TIME-SAVING IDEAS

*If we cannot take time to do a thing right the first time
how will we find the time to do it over!*

1. Work all the way through a project if possible. It is a time waster to have to restudy or rethink a project.
2. Avoid cooking a hot meal every night of the week.
3. Store equipment near to where it is used.
4. Buy duplicate sets of equipment used in different parts of the home.
5. Buy a long extension cord for your vacuum cleaner if you constantly have to move the plug to another outlet.
6. Eliminate things that create work: knickknacks, house plants, extra clothes, silverware that need to be polished, etc.
7. Cut down on talking too much about what you need to do, and just do it.
8. Hang up permanent press garments as soon as they come out of the dryer.
9. Plan what you are going to wear—with all accessories—for the next day, and for the week if possible.
10. Lay out your children's clothing the night before or have them do it.
11. Always put your keys and purse in the same spot.
12. Learn to take time for just doing nothing—*resting*—it is a valid use of time that often brings renewed creativity.
13. Separate seasonal clothing.
14. Keep a small directory of frequently called phone numbers in your purse, and an old telephone directory and map in the trunk of your car.
15. Hang up clothes as soon as you take them off, and teach your children to do the same, unless they are dirty—these go directly to a designated place.
16. Provide a dirty clothes hamper for each bedroom.
17. Hang garments of one kind together on the closet rod, and arrange by color in each group.
18. Have a gift drawer or shelf.
19. Keep gift-wrap paper, tape, ribbon and cards all in one place.
20. Do least-liked tasks from to-do list first; everything else will be easy.
21. Keep a shopping list on the refrigerator door or on a tack or white-board and train your family to write down an item when they use the last one.
22. Keep a big calendar by the phone and write everyone's activities and scheduled events on it. Train other family members to do the same.
23. Make the bed the minute you get out of it, or the last person makes it up.
24. Shop when stores are emptiest: early morning or late at night.
25. Do one major household task each day!

*Most ideas from *The Big Book of Family Fun*, by Gwen Ellis

An ACROSTIC for REST—

words defined by *Webster*:

Repose—

- 1 : a state of resting (as after exertion); *esp.* SLEEP...
- 2 : eternal or heavenly rest
- 3 : CALM, PEACE
- 4 : cessation or absence of activity, movement or animation
- 5 : composure of manner; POISE

Ease—

- 1 : comfort of body or mind
- 2 : naturalness of manner...
- 3 : freedom from difficulty or effort *syn.* relaxation, rest, repose and leisure

Sleep—

- 1 : the natural periodic suspension of consciousness during which bodily powers are restored

Time-*out*—

- 1 : a brief suspension of activity *esp.* during an athletic game

"A good night makes a good morning.
When the eyes have closed with pure and peaceful thoughts,
they are refreshed with the sleep which God gives to his beloved,
and they open with cheerful confidence and grateful pleasure."
—Henry van Dyke