

working, especially in order to regain one's energy.”

I like that definition. It reminds me that rest is *not* laziness. That rest has a purpose—to regain energy so we can go and do some more after we've rested. It reminds me that without rest, energy doesn't get replenished and all activity *will* stop—whether we like it or not.

So how are you feeling? Tired? Worn out? Do you need some rest? Go ahead. Let God lead you to a green pasture where you can lie down, secure in knowing that he is watching over you while you rest, restoring your soul and renewing your energy.

“He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.” (Psalm 23:2-3)

R: Rest

“Why doesn’t rest come naturally?”

—from “A Simple Sabbath,” *Living Simply*, page 182

I’ve said it before—when it comes to rest, I tend to be like a two-year-old who’ll do anything to avoid naptime. Sitting down and doing nothing and being still don’t come naturally to me. It’s something I’ve had to learn—often the hard way.

What about you? Do you rest easily? Or do you tend to fight it, believing there’s just too much to be done to sit a moment—or an afternoon—and be still?

And what is rest anyway? Is it really that important? The dictionary defines rest like this: “to be still, to cease from movement or action or