

Choosing My Rest Practice

What type of rest do you long for? Think about the desires you have for your life: is there a type of rest that might help bring you into alignment with those desires? Reflect on these questions in conversation with the seven types of rest.

With that reflection in mind, what type of rest will you focus on practicing in this season? And why? Let's choose one of the seven types of rest to focus on.

What are some realities in your life that might feel like barriers to you practicing this type of rest? Can you locate some parts of your life that have made rest a challenge? Name them. Be honest. Remember: the best practices are the ones we practice and that includes being honest about the barriers to our rest practice.

Take some time to think about how you can overcome these barriers. What tools and actions would support you in overcoming those barriers? Consider things like budgeting time, asking for accountability, setting up “cues” in your life, etc.

Make a list of the different ways you can practice this type of rest in your life. This is your “place to go” when you know you need to practice rest. Remember: these need to be things you will actually do during this season.