

### Volume 09, Issue 18: Rest is More

Rest is more than absence from work. Reading EMS Hancock's views in his *"The Rest of Your Life: Finding relaxation in a non-stop world"* book, I was excited to realize that Adam's first day on earth was a day off. I like that, starting life on a day off.

I had a hard time learning to sit back and lounge when I first came out of college. For some reason, I felt I had to always be doing something productive. I don't remember why I felt that way, but I am glad to know that God doesn't judge us by our productivity. We are just as loved by God and precious to him when we are resting.

Within maybe one or two years, I learnt to put my feet up and rest. As I got busier, I learnt to schedule times for lounging. I am doing better now, but not so long ago in the most demanding season of my career, I struggled to find a sense of complete rest that I couldn't imagine I once didn't feel I needed to rest.

For the most part of my adult life, I thought rest meant not working. The biggest lesson I am grasping about rest from Hancock's book is comprehending that rest is more than absence from work. I am still trying to connect the dots. Looking at rest as simply an absence of work robs it of its power and strength. Rest is not just a negative vacuum - a time of counting the hours before work starts again.

Hancock emphasized that when it comes to the subject of rest, it seems that we may have been missing the point. Rest and work are not opposites, they are friends that need one another in order to function. We need to realize that we need to rest well in order to live well. We also need to rest efficiently to work effectively.

Hancock added that life is frantic, but it's not God who is standing over us to get busy. His desire is to lead us into a life that is productive, fruitful, beautiful and restful. Yet, so often we go against Him.

## Rest is More

Written by Lillian Chebosi  
Thursday, 02 May 2019 15:45

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If I don't rest well at the end of each day and week, I go back to work feeling clouded and burdened. So, how do I rest if I haven't finished what I needed to finish before I could call it a day or week? I have to accept that I have done all I could do. We are intricately built and fabulously designed. But we have a part to play in order to help ourselves function at our best.

Hancock added that one of the problems we face is that we work hard and then wait for the world to grant us the space to rest. But it never comes. You are not going to magically find a time where your life slows down. Therefore, you need to deliberately practice rest now. It requires discipline and planning. If you want rest, you will have to prioritize it, diary-date-it and be intentional with it.

For His Glory,

Lillian Chebosi