**I Just Need Some Rest**

*Whoosh, whoosh.*  "There she goes again," someone commented as I walked by. "Kris, you had better slow down or you are going to burn out." "Not me," I exclaimed. "It's who I am ..."  *Whoosh, whoosh.* When I was in college I worked at a TV station as a graphic designer. I quickly got the name "Hurricane Kris" due to the fact that I could be at one end of the building and before anyone knew it, I was at the other end. It wasn't that I was overly athletic; I was just busy.  I could get projects done way before anyone else could. Before most people had thought of things, I was already in production. I could take an idea, start sketching, add color and a title, all the while studying for a math exam, working at the local pizza restaurant and dating my high school boyfriend. This fast-paced, multi-tasking, busy mindset continued on into my adult years. Even today I find myself able to get much more work done than the average person.

A few years ago one of my former Sunday school teachers commented on how she thought I would one day burn out going at the speed I was going. Based on herself and others she had seen, she felt I was over-committing myself—that the average person could not continue to do what I was doing and not burn out. Well to her surprise I didn't burn out, however in the years that followed I did have times of exhaustion—not a total burnout where there was nothing left and I needed to quit, but instead a place of needing a rest to relax and renew.

As a single, I have found a glorious advantage over married people to do whatever I need to do, whenever and however. I love the freedom to spend as much time as I need to get things done. I love not having to ask anyone's opinion of how I should spend my time or resources other than God. But this advantage can also be a disadvantage. Because I can spend as much time on things as I want and I have less distractions, I can also become overly engrossed to the point of not taking the time to stop, slow down or rest. I can also allow those distractions to steal time from God. I can easily become "busy" without allowing God to give me perspective on what I am doing—even if the "doing" is for him.

**First, What Is Keeping You from Stopping, from Resting?**

**• What needs to be priority in your life?** Is there a sin distracting you? Are you fearful about something? Jesus gives us an example of how to be calm even in the midst of the storm. When you know God (link), you know his peace and you can trust him.
*Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, “Lord, save us! We’re going to drown!” He replied, “You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm. Matthew 8:24-26 NIV*

**• Maybe you are overcommitted and overburdened.** Instead of going to man's solution to rest, such as a pill, food, drug or the media, go to the Lord.

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 NIV*

**Second, Be Intentional to Stop**

• **God rested.**

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Genesis 2:2 NIV*

Resting helps us feel better. It allows us time to evaluate our lives. It allows us time be restored physically, mentally, emotional and Spiritually.

**• Rest allows God to plan our future.**

*Many are the plans in a man's heart, but it is the LORD's purpose that prevails. Proverbs 19:21 NIV*

**• Rest allows us to spend more time with God.**

*I remember the days of long ago; I meditate on all your works and consider what your hands have done. Psalm 143:5 NIV*

**• God renews our minds daily as we walk with him.**

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will (*[*Romans 12:2*](http://www.biblestudytools.com/search/?t=niv&q=ro+12:2)*).*

**• God can renew our entire lives by giving us new strength, new hope and purpose. He can restore us.**

*... but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (*[*Isaiah 40:31*](http://www.biblestudytools.com/search/?t=niv&q=isa+40:31)*).*

When we find rest and renewal in Christ, our focus is on him and not ourselves. God will restore us. And remember, no matter how fast you work, no matter how much you get done, when you die there will still be a "to-do list" undone.

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