

# Sacred Rest

By Pastor Darwin L. Huartson

Embossed on a coffee mug and engraved on a touch stone on my desk is the Bible verse, “Be still, and know that I am God.” I am not alone in claiming that verse as one of solace and strength. In the well-known hymn *A Mighty Fortress is Our God*, Martin Luther reminds us that we can *rest* in God’s care in our time of trouble.

This past year in the midst of all of its uncertainties and anxiety, I discovered the book *A Sacred Rest* written by an internal medicine doctor, Dr. Dalton-Smith. In her research for this work, she discovered that most people have a rest deficit.

As she writes, “our mind and body are always on the go, which can leave us exhausted, stressed, and overwhelmed. This in addition to living in a worldwide pandemic certainly can deplete our energy.

Dr. Dalton-Smith has identified seven types of rest we all require. One size does not fit all when it comes to rest. She writes everything we do draws from a different pool of energy. *The best rest occurs when we revive the specific kinds of energy we regularly deplete.*

## REST IS MORE THAN A **GOOD** NIGHT'S REST

**These are the seven types:**

1. Creative: The type that inspires and motivates you. When do I feel energized and motivated?
2. Physical: The rest that relieves your body of muscle aches and tension and helps you improve your sleep
3. Mental: Rest that helps you quiet your mind and focus on what's really important
4. Social: Spending time on relationships you cherish and with people who enhance your life
5. Emotional: The ability to express your deepest feelings and be your genuine self
6. Sensory: Gives you a break from background noises including digital devices
7. Spiritual: You feel you are connected to someone or something bigger, that you can trust in.

You may be experiencing a deficit in one or more of these areas. To find out what kind of rest you need to incorporate into your life, Dr. Dalton-Smith has developed the Rest Quiz. Go to [restquiz.com](http://restquiz.com) to take it.

Once you have identified the areas you are doing well in, celebrate them. Then, in identifying the ones you are short in, you can start working on building them

Learning how to rest in new ways invites us to find the whisper of the God in the still, steady places.