***Let’s Talk: About Learning How to Rest!***

By: Almetrice Shavers

It is so easy to be busy all day, but so hard to actually rest. During the day you can be so consumed with task after task. Before you know it, the whole day has gone by so fast. We always say 24 hours in a day and sometimes that doesn’t seem to be enough. Then when you add kids and spouses to the mix plus your job, it definitely doesn’t seem to be enough hours in a day. When my daughter was born and I was going through the newborn stage of feeding and everything else every two hours, I felt like it would never end. Being so sleep deprived and wishing for anything to just sleep for a few hours. Now that my daughter is 4 years old, i’m figuring out what it actually means to rest. Not just sleeping but allowing my body and mind to rest. My friends and I have had these conversations about learning to rest. Especially since we have entered our early 30’s it is so crucial now to rest. In our 20’s we were invincible. We could stay up all night, go to parties or to the club. Get about 2-3 hours of sleep then go to work or church with such ease. Trying that now is not even possible. We have to take naps during the day if we know we are going to hang out later that evening or night. It’s so funny thinking about how many things changed in 10 years. We have to mentally prepare now for evening or night activities. Looking at social media and seeing the different posts and memes describing being in your 20s versus 30s, is just hilarious now. It is so accurate everytime.

When it comes to resting now, it’s just not about the physical but more of the mental as well. Learning how to turn your brain off while trying to sleep, is something I haven’t quite mastered yet. Between my daughter, my job and just life in general I always have a to-do list in my brain. Constantly thinking about what I need to do or work on. It’s almost like a never ending cycle. Honestly, it is so exhausting and sometimes causes unnecessary stress. At night I sleep but not necessarily resting, because my brain has yet to shut off. The truth is, there is always something that needs to be done every moment of the day. It’s about taking the time to figure out what in the exact moment is most important. Learning how to say no and delegating tasks are things I personally struggle with and have for a long time. I was always used to being independent and handling things by myself. I truly didn’t even know how to ask for help, until I had my daughter and realized I couldn’t do everything by myself. I had to learn to ask for help from big tasks to even small tasks, like asking for a break. I can hear my mother in my head saying, Almetrice Yvonne, stop being prideful and ask for help.

I’m making it my mission in this season of my life to do better at resting. I can’t be the best version of myself if I am running on empty. God, my daughter and myself deserve me at my very best. Even in the bible God talks about resting often. When he created the world, on the 7th day God even rested. Matthew 11:28-30 says, “Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” At night I put my phone on sleep mode and I have started turning on a bible sleep meditation podcast. It has done marvelous for me and I have truly been resting. It puts me in a deep sleep and allows my brain to finally shut off. We all deserve proper rest and it is essential for a healthy and happy life as well. Not properly resting will cause your body to shut down and weaken your immune system. Also can cause weight gain, and no one definitely doesn’t want that. So please rest your body and mind for God, yourself and the people who love you the most. If no one else has told you, you deserve God’s grace, peace and love. Until next time!! 😀