

## *rest from* | Technology

It's hard in these days of endless Zoom calls, when we often relax by playing games on the phone or the gaming station; but try taking a day or a half day deliberately away from the tech. Maybe find a room to be in without a device or a TV to direct your thoughts.

## *rest from* | Negativity

Complaining, focusing on frustration, accusing or getting angry, all these are expensive exhausting emotions. Try to give them up for a day— if something upsets you, make note of it and set it aside for tomorrow.

## *rest from* | Things

In all our time at home, have you noticed how much stuff we have? Take a moment or a day to empty a drawer or a closet or a room. Give away some of the good stuff and throw away some junk. Celebrate the lightness and organization afterward.

## *rest from* | Sitting

Many of us are spending many hours sitting for school and work and then more to relax. Take a day to see if standing for some of that time gives your (and your heart) a new perspective.

## *rest from* | Food

Try skipping a meal or two, not because you are busy or forget, but with intention. When you feel hungry, think grateful thoughts and say a prayer for those who don't choose to be hungry.

## *rest from* | Desire

Have you become an online shopper? Do you make an extra trip to the pharmacy or the grocery store just to get out? Take a day to not need anything new. If you still want it tomorrow, you might need it. Or you might just want it.

*rest from* | **Processed Sugar**

Frosted Flakes, M & M's, sugar in your coffee; try for one day to pass on added sugar. Notice the natural sweetness in fruits and vegetables, even in your bread.

*rest from* | **A Sense**

We've all become more mindful of our five senses these days. Can I still smell the coffee? When will I be able to hug my friends again? Why does Zoom (or too much TV) make my eyes so tired? Is anyone listening? Imagine yourself permanently without a sense that you depend on. Try it for an hour. Lament what you are missing and be grateful for what you have.

*rest in* | **The Sabbath**

And on the seventh day, God rested. Sabbath is so significant it is one of the Ten Commandments. Remember your sabbath day and try to make it holy.

*rest from* | **Either-Or**

Listen to ideas, beliefs and opinions that you don't hold. Try watching the 'other' channel for one day with an eye, or rather an ear, for common ground and shared concerns.

*rest from* | **Worry**

Make it a day to remember Reinhold Niebuhr's prayer "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." When you find yourself ill at ease, be mindful of the prayer.

*rest in* | **Scripture**

Try reading the scriptures differently today than you usually do. Try a different space. Try reading it aloud. Allow the book to surprise you with a random page. Read a short passage several times over. Compare different texts that tell the same story. Sing a Psalm. Be touched by the Word.

*rest with* | **Music**

Sing, dance, strum, play or listen. Let the music move you. Turn up the volume, turn down the volume, make it your own.

*rest with* | **Art**

Create something new – draw, write, paint, mold, or color. Enjoy the process, let your senses take you away.

*rest with* | **Poetry**

Whether it's Shakespeare or Shel Silverstein, Psalms or Amanda Gorman, poetry creates another window onto our world. Go back to an old favorite or look for something new and give yourself a chance to savor the power of few words.

*rest with* | **A Good Book**

Give yourself permission to visit a new place, meet new people, or return to familiar, beloved world. Find a cozy chair and climb into a little time away. Let it be a taste of the vacation you're looking forward to.

*rest with* | **Play**

Board games, Legos, a puzzle—Play with your kids or play what you played when you were a kid; remember what kids, puppies and teachers everywhere know: play is really, really good for you.

*rest with* | **Sleep**

Take a nap; go to bed early; let your body rest and refresh itself. Does it open your mind?  
Ease your Spirit?

*rest with* | Remembering

Give yourself permission to remember: old friends, family vacations, good times and losses. They are all part of who you are and you are beloved.

*rest with* | Gratitude

Spend the day noticing all the things you could be grateful for. The little things and the big things, things shared and things secret to you. Let today be a good day.

*rest with* | Time Alone

Take some time apart today. Fifteen minutes alone with yourself and your reflections, your hopes, your peace.

*rest with* | Volunteering

Give some of your time to help out today. If you are on a team, notice how you work together. If you make masks or pillows or shawls or cards or phone calls, make it today's project. Clean a closet and earmark good things that you could give to someone else.

*rest with* | Strength

Spend ten minutes safely doing a weight bearing exercise today. Teach your kids to use their own body weight for resistance so no one gets hurt. Notice how your muscles feel as they respond to performing for you. Notice how beautifully you were created.

*rest with* | A Compliment

Send a text or a card to someone reminding them they are special. Be as specific and generous as you can.

## *rest with* | **Cooking**

Try cooking something special or different today. If you are not the one who regularly cooks, ask to share the tasks. Make something you've always wanted to try, something you love from your childhood, or see if you can make a delicious stone soup with leftovers in the refrigerator. Recognize how wonderful it is to have seasonal foods all year long and in abundance.

## *rest with* | **A Pet, A Plant, A Bird or A Stuffed Animal**

Have a conversation with a creature;  
notice the world from their point of view.  
Try it again later in the day, or during the evening.

## *rest in* | **Prayer**

Make time for an extra prayer today, perhaps in a place or in a way that is not usual for you. Consider a prayer of adoration or confession, of intercession or thanksgiving, or simply breathe deep and listen.

## *rest with* | **A Friend**

Call, write or remember a friend you haven't been in touch with for a while. Try to reminisce about the things you liked to do together; be the sunshine in their day!

## *rest in* | **Water**

Water is so essential and so soothing. Relax as it rolls over your shoulders or as you settle into a warm tub. Remember how often you've played in the water or eagerly reached for a cool glass after play or work. Offer praise that water is not scarce in our world; offer prayer for those for whom fresh water is not abundant.

## *rest in* | **A Spiritual Practice**

Spiritual practices allow you to be mindful of your relationship with yourself, your God and your neighbor. If you are already using the Rest Stops guide, you've got this. If not, set aside 20 minutes today to try one of the meditations designed to open you to the Holy Spirit.

*rest in* | **Trust**

Reflect today on trust. Whom do you trust? Who trusts you? In what do you place your trust? What about all the ordinary things that we trust—the heat, the car, the groceries, the internet?  
How have you moved on when trust has been broken?  
How can you deepen your trust in the Lord?

*rest in* | **Celebration**

Something wonderful has happened.  
Celebrate it!

*rest in* | **Conversation**

The art of conversation is one of the miracles of being human. Take an extra moment each time you talk to someone today to notice the arc of your communication. Try to make it rewarding for the other person. See if you can leave with a smile!

*rest in* | **Moving**

Our bodies are amazing things and they like to move. Try a hike outside or turn on some music and dance like no one is looking.

*rest in* | **Joy**

Find your Joy!  
List in your head the things that warm your heart and hold tight to them today.

*rest in* | **Friendship**

Having a friend is being a friend.  
Does a friend (old or new or not yet) need you? Reach out by phone or in prayer and know that someone is also reaching out for you.

*rest in* | **Compassion**

Be kind, be kind, for everyone you meet is fighting a battle. And remember to be kind to yourself as well.

*rest in* | **Creation**

Take yourself to a window or outside or to a park.  
Notice the beauty of creation entrusted to us.  
Breathe in its glory large and small.  
Consider our responsibility of care.

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*rest in* | **Grace**

God's grace is extended to all of us.  
Notice when you need it and when you can offer it to others. Did you share?