

CELEBRATIONS REST

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENES.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding REST. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

How many times in the last three days have I fallen asleep involuntarily?

How many hours of nightly sleep have I had during that same time?

Do I need to reassess my sleeping habits?

Am I staying up too late at night?

What delays my preparation for bed?

Do I need to exercise more, or perhaps earlier in the day?

Have I had too big a meal in the evening, or eaten too late?

Am I worrying about something that is keeping me awake?

Am I choosing to watch too much TV or play too many games?

Do I need to see my doctor about a sleep disorder, such as sleep apnoea?

A husband and wife worked late and then went out to dinner with friends. The meal was delicious, but the couple ate too much. Neither slept well when they eventually got to bed. The next evening, they arrived home late again and watched a TV late into the night. The next morning the couple had a heated argument about who should pick-up the dry cleaning.

Why would they argue about such an inconsequential thing?

Were they thinking clearly?

How can I prevent something like that from happening to me?

How many of the following symptoms have I observed in myself lately?

- lower productivity
- short attention span
- inability to solve complex problems, think clearly, or remember quickly
- How do I demonstrate that I value my sleep?
- What choices do I have to make in order to get adequate and restful sleep?
- Should I choose to get up at the same time on weekends as I do during the week so that I

establish good-habit patterns?

What arrangements in my bedroom do I have to change to foster better sleep?

How can I make a decided choice to put my trust in God and leave my burdens with Him?

In what ways do I show that I value the rest that the Sabbath offers? Do I use the Sabbath hours to catch up on my sleep debt from a week of bad choices? Or do I enjoy the same type of rest that God took after Creation - a rest from work in order to spend time in growing my relationships with God, family, and community?

Do I use the full holiday allowance? And how can I best use this time in a balanced way to adequately rejuvenate physically, mentally, emotionally, and spiritually?

How can I plan more purposefully to gain the benefits I need to offset the stresses and deficiencies I experience during the rest of the year?