

DEEPER REST

rest

\rest \ : verb

1: Aligning your body, mind, heart, and soul to the sustainable rhythms of the Kingdom.

2: Allowing your clenched fists to unfold to embrace God's provision.

A Trinitarian Posture:

- Leaning into the Father's arms
- Gazing into Jesus' eyes
- Breathing with the fullness of the Spirit.

Three Ingredients for Deeper Rest

1. **Sift:** Shake Off Expectations
2. **Fold:** Embrace Reality
3. **Rest:** Lean into the Father

**Baking notes are pulled from real recipes to encourage reflection + integration.*

"One word that can be used to describe Jesus for almost His entire life is: relaxed... because He trusted in His constant connection to and relationship with the Father."

- The Place We Find Ourselves podcast

Can you relate to Jesus? Do you feel relaxed most of your days? Right now, could you sit in prayer and imagine laying your head on the chest of the Father and staying there awhile? Is this imaginative prayer and interior peace possible or do you often find interior turmoil instead? I have come to believe rest can grow deeper within us. It can be cultivated. This recipe isn't a "solution," but an invitation to deeper surrender.

We can rest because He doesn't rest from working for our salvation - Isaiah 62

1. SIFT

Be still, and know that I am God. - Ps 46:11

The Hebrew translation for "Be Still" is *Rapha* (meaning to let go or to release). This translation hints that stillness asks for movement first. It encourages a releasing of clenched fists and tense shoulders.

**Baking Note: Sifted flour, which is much lighter than unsifted flour, is easier to mix into other ingredients when making dough.*

Obstacle: Carrying Unnecessary, Heavy Burdens

In the Greenhouse, we call this "should-ing" on ourselves. It can be easy to dismiss this pattern or claim it as virtue, but the reality has become brutally clear. "Come to me all you who are weary, and I will give you rest" - Jesus. I had no idea He wanted to give me rest from my own demands. This kind of weight is pernicious because our weariness can be confused with righteousness. When in reality, we're shouldering unnecessary expectations of ourselves and others that steal our joy. These burdens are not from the Lord, and they're heavier than we realize.

Often these can sound like...

- I should be working out everyday
- I should be funnier and more playful like I used to be
- I should be further along in life
- I should love God more and be better at Lent
- I should be moved past my grief

Yes, God deserves all our love, and workouts are good for the body. And still how often can we let objective truth be twisted into a lie against us! The Father is for us. He doesn't declare with a raised eyebrow, "you should be more for me. I have exceptionally high standards of my sons and daughters." No, our loving Father beckons us, "come to me, my child - my yoke is easy, and my burden light."

Invitation: Sift + Shake It Off

I can even feel expectation and judgment in my body sometimes – can you? Should and shoulder look similar, don't they? As a dancer, I've taken this to physical movement. I've let go of judgments and expectations of myself or others by physically shaking parts of my body - arms, legs, feet. I call out the judgement and release it in the name of Jesus.

Lord, we want your lightness! Where do you carry tension in your body? What makes you weary or exhausted? Are there recurring thoughts about yourself or others that feel heavy? Invite the Holy Spirit to gently sift your mind and heart. Ask Him to bring illumination on what you carry.

Consider letting this prayer inhabit your body: release judgments in Jesus' name as you tightly squeeze your fists and slowly release them. Or try standing and shaking your arms or legs - one at a time. Experience the exhale of release.

What does it feel like for you?



2. FOLD

**Baking Note: Folding is a term used to describe the process of combining ingredients together gently without stirring, beating or otherwise agitating the mixture.*

We're human beings not human doings.

You've likely heard the phrase, and yet, so many of us live differently. [The Mindful Catholic](#), a book by psychologist, Dr. Gregory Bottaro, has an excerpt explaining this from a biological perspective:

Obstacle: Restless Running, "Doing" Mode

"Your Sympathetic Nervous Response (SNR) is called the 'doing' mode of mind - fight or flight response. When our brains perceive a problem, threat, or some kind of danger, they operate as if we are at Point A and need to get to Point B. Point A represents our current position and Point B represents the place where we'll be safe or have a solution to our problem. The mentality of Point A to Point B can be called Doing mode.

The opposite of this brain state occurs when we perceive that there is no problem. That Point A is okay, and no need to figure out Point B. Being mode is when we're totally safe and there is no problem to solve."

Bottaro explains how we only enter

into “being” mode when we believe we are safe and secure.

I’m learning that if I look at myself as a project needing to be fixed or endless to-do lists and “fires” to put out, being mode will be nearly impossible.

Invitation: Embrace Reality

I must release trying to move from Point A to Point B. I can’t do my way into being.

I must let Point A be enough. And stay there. Where is Point A?

It is reality.

Not what I want or think I should be. Not what I want or think life should be. Not what I want or think others should be. It is acknowledging and accepting the present moment.

Everything the Lord provides for me now. It doesn’t mean we can’t dream or desire growth. It simply means to first embrace what is.

Where is Point A in your mind?

As you embrace different parts of reality and God’s provision within it, you can imagine adding various ingredients of a recipe to a bowl and gently folding them together. No stirring, beating or extra force necessary.

3. REST

No trust, no rest. More trust, more rest.

**Baking Note: the primary reason for a resting period is to redistribute the liquid in the dough. While the dough sits, the flour is hydrating, yielding cookies that will bake and brown evenly.*



Obstacle: Grasping at Quick-Fixes

Last year, the Lord kindly revealed how much I was going to Him grasping for answers rather than to deepen our relationship. I experienced no condemnation, only my own remorse for approaching Him in a transactional way. I repented and committed to receptivity and simply being in His presence. A few nights later in adoration, He gave a grace of interior quiet for several hours. My soul was thirsty for it - the hours felt like minutes.

Invitation: Lean into the Father

We can rest by embracing our God-given imagination. I have recently shifted from holding my hands out to receive more (He does say, “ask and you shall receive”!) to another posture: laying my head against the Father’s shoulder with a hand on His chest. Prayer can look like going into the home of your heart to recline with God who dwells there. Once I heard Him whisper, “why don’t we rest awhile?” I sensed Jesus literally putting his feet up next to me. Is it possible to believe in this God who wants to rest with us?

Consider praying with the [Litany of Let Love by Sr. Mariae Agnus Dei, SV](#). Which line from the litany do you need to be etched in your heart today?

FRUITS OF REST:

- Playing games with family + being mentally present as much as physically.
- Calmer mind that captures anxious or negative thoughts and releases in trust.
- Being moved by trust in the Father: speaking + acting from a heart of trust, rather than distrust.

What fruits have you seen bloom from rest?

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