

*Tired of Being Tired by Jess Connolly*

*Read Chapter 1: Our Exhaustion Runs Deep*

**Meditate on Matthew 11:28-30** from The Message - *“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

What word or phrase stands out to you in this passage?

What is your honest response to this passage?

**Read Genesis 1:26-2:3.**

What does this passage tell us about God?

What does this passage tell us about the people of God?

What does this passage tell us about patterns of work and rest?

What patterns of work and rest were modeled for you in your childhood?

Do you know women in your similar life stage who seem rested? What seems to be their secret?

Why do you think you are as tired as you are?

## Quotes from Chapter 1 to reflect on:

*The question is, Are we tired enough to change our minds? Tired enough to change our lives? Tired enough to ask honest questions about how we got here and how we get out of this cycle of exhaustion?*

*That's the problem with exhaustion: It always wants more. It permeates every facet of our life until we address the source of our fatigue.*

*Unfortunately, we have grown to accept exhaustion as our reality, we've learned to wear our busyness as a badge of honor, and our fatigue is the assumptive price we pay for being a woman.*

*"We need to put away our superhero capes."*

*So often shame has led us to believe this is our problem and that something is wrong with us because we can't seem to figure it out. Instead of feeling grieved over our exhaustion and using our energy to fight our fatigue, we've felt ashamed, and that has kept us from figuring out its root cause.*

*Finding soul rest will take fighting the defeated acceptance that it will always be this way, tearing down the idols of busyness and hustle, and learning our own unique needs for renewal while we obediently create rhythms for a sustainable pace.*

**Chapter 1: Low Power Mode Challenge** - When our phones get down to 20 percent battery, there is a notification that prompts you to adjust to Low Power Mode. Just like our phones, people have a Low Power Mode option as well. We have to be intentional about engaging it and sticking with it. And when we do, we can find bits of reprieve from our exhaustion.

Notice anytime you feel shame about your fatigue. Conserve some of your precious spiritual, physical, mental or emotional energy by reminding yourself that feeling tired is not a problem you caused. You did not start this fight.

Make a plan for how you will practice being in "Low Power Mode"

- List spiritual, physical, mental and emotional warning signs that you need to engage in "low power mode"
- Make a list of names of people that can encourage you or support you when your battery is low.
- Choose a visible place to post a reminder that it's okay to conserve your energy sometimes. (your phone lock screen or a sticky note)

*Read Chapter 2: It Will Get Worse If It Doesn't Get Better*

**Reread pages 31-32 and process the following questions:**

How do you feel about your current patterns of work and rest?

If you could change anything about the way you experience energy or tiredness right now, what would it be?

Where do you feel stuck in your relationship with energy or exhaustion?

Jot down your initial reaction to each category below, write in stream of consciousness style. Share your unfiltered thoughts about how each shows up in your life, how you feel about it, and if there's anything you'd like to see change.

Spiritual Exhaustion:

Physical Exhaustion:

Mental Exhaustion:

Emotional Exhaustion:

## Quotes from Chapter 2 to reflect on:

*Spoiler alert: Wanting to be everything to everyone is often the preamble to a breakdown of epic proportions.*

*Pretending you can handle everything, even when you're exhausted, is the surest way to burn out fast.*

*The good news is that we can stop feeling shame about our fatigue and learn to live within the boundaries and limits of our human bodies while we eagerly look forward to the renewal and rest of eternity.*

*The journey is too much for you. Too much for you to go it alone. So don't—receive the gift of realistic rest God continually offers us.*

*Your need for rest in the face of the too-muchness of your own life is not weak; it's a need that your Father wants to meet. But continually ignoring that need will not leave you feeling equipped; it just might lead you to quit. This is a prime example of why the push-through mentality of our tired culture is not serving us or making us any stronger.*

*Your spiritual, physical, mental, and emotional well-being could improve if you embrace rest—but they will absolutely all get worse if you don't.*

## *Read Chapter 3: Why We Resist Rest*

Which of these lies resonate with you about resisting rest?

Lie #1 - "I can't rest until the work is done."

Lie #2 - "Rest will be boring."

Lie #3 - "No one else around me will rest."

Lie #4 - "It's going to cost too much."

Lie #5 - "My circumstances won't allow for it."

### Quotes from Chapter 3 to reflect on:

*You resist rest because you assume it's not enjoyable. You resist rest because you perceive it as being lazy or passive. You resist rest because you've grown more accustomed to striving for your worth than receiving it from God.*

*Rest may cost us the approval of others, but it will help us gain a sense of being known and loved by God. Rest may cost us the rewards of worldly striving, but it will help us experience eternal abundance. Rest will cost us the identity of being "the most counted on" but will give us wild peace and contentment. Rest will cost us a life pushed to its limits but will bless us with one that embraces boundaries.*

*Maybe others will judge you, praise you less, or even break communion with you. Or maybe . . . the people in your life will see the fruit of peace and be encouraged to follow suit. Maybe you'll lovingly show them the way so they can break free from the fatigue that's killing them too. Maybe they'll find Jesus to be a kind and compassionate Friend rather than a drill sergeant demanding more of them by the day. Maybe they'll encounter a Father who gives rest to those He loves rather than asking them to earn it. Maybe they'll sense the nearness of a Spirit that rests on them as they embrace a life of risky rest. Or maybe . . . you'll find a life with more depth than the cultural norms that are expected of you.*

**Chapter 3: Low Power Mode Challenge** - Because giving you a long list of things to do would be exhausting and not helpful, you only have one action item for this challenge. Take it as an invitation, not an obligation. Ask God to help you put down the skepticism for the rest of the time you are working through this book. To be honest, it takes a lot of energy to critique a process while you are in the middle of it. Trust the process. Commit to not spending your energy on doubting whether you'll ever stop feeling tired.

As we begin, set the script for our internal monologue as we reckon with our relationship with tiredness, exhaustion, and energy. Your inner voice might get loud telling you all the reasons you can't rest...that you aren't doing enough, you are being lazy, everyone else is getting things done.

What does your inner critic say when you try to rest?

Come up with something you will repeat to yourself when the inner critic gets loud...

Maybe use scripture... Matthew 11:28, Psalm 46:10, Psalm 62:1-2 or a statement like...I trust God's holding the world together, so I can rest. If rest is important to Jesus then it's important for me. I am not a slave to my To-Do List or the world's expectations. Jesus shows me a better way, freedom to rest.

Write down the truth you will speak over the lies that you can't rest.

## *Read Chapter 4: Find the Fatigue*

After taking the quiz, which one do you feel most describes where you are right now?

Spiritually Tired, Physically Tired, Mentally Tired, Emotionally Tired

No matter which one you are, Jesus meets us in our tiredness. There is no shame in naming our fatigue, if we name it, it's our way of acknowledging that we are limited and we need God.

### **Read Romans 8:1–2 - Hope for the Spiritually Tired**

What word or phrase from the passage stands out to you?

### **Read Psalm 127:2 - Hope for the Physically Tired**

What word or phrase from the passage stands out to you?

### **Read John 14:25-27 - Hope for the Mentally Tired**

What word or phrase from the passage stands out to you?

### **Read Psalm 42: 3-4 - Hope for the Emotionally Tired**

What word or phrase from the passage stands out to you?

## Quotes from Chapter 4 to reflect on:

*The pain of your fatigue, the saturation point where it manifests itself as tension in your life, is telling a bigger truth and is something we need to pay attention to and address. We need to ask individually, “Where does it hurt? Where are you tired to tears? Where has the exhaustion become unbearable?” But for us to experience lasting healing from the fatigue we’ve been carrying our whole lives, we’ll also have to dive deeper into the source of the pain, knowing that the source of the injury may not be the same as the site of the irritation. To stop living tired, we have to know where we’re tired and why.*

*Spiritual exhaustion will seep into our marrow. It will languish in our bones and hollow our spirits. It can often be hard to determine that our fatigue is spiritual, and it will take courage to admit that our souls are where we need the relief. But once we get the help we need, it will feel like someone turned on the lights just when we couldn’t stand the dark any longer.*

*For many of us, pride is the root issue associated with being physically tired. We have negative connotations with rest that lead us to thoughts of laziness, indulgence, and lack of trustworthiness.*

*Mental fatigue does not have to be our norm. God has given us the person of Jesus, our Prince of Peace. He’s given us sound minds and strategies to sort out the constant barrage of thoughts, plans, and problems. Our anxiety and other mental struggles are not signs that our brains are broken but rather proof that we live under the effects of a fallen world.*

*I know our emotions are essential to our health. And I know that they can sap our energy like unseen cancers, taking what is vibrant and making it dull. What if making more space for your emotions and processing them with God is the answer to what makes you so incredibly exhausted this season? And wouldn’t that also make sense for those who are resting their faces off and never feeling renewed?*

### *Prayer for Rest*

*God of Rest,*

*Your Son tells us that if we—those of us who are weary and burdened— come to Him, He will give us rest for our souls. We confess that, sometimes, that’s hard for us to believe. Thank you for being a God who does not give up on us when we try to live solely in our own strength and forget to rely on Your endless love.*

*Help us to notice when we’re exhausted and to come to You. Help us have the humility and courage to acknowledge our own tiredness. Help us listen to Your voice when we’re tempted to listen to the voice of pride, shame, or fear.*

*We’re coming to You, weary and burdened. We’re trusting You to give us rest.*

*Amen.*