

(Speaker 1) Welcome to Women of Hope! Thanks for making this radio program a part of your day. I am (1) and together with me is (2).

(Speaker 2) Today, we'll talk about 'rest'. Most women, if you ask them, will tell you that they're tired! If you're a mother, you know what we're talking about don't you? If you work, outside of home, you know that rest is not something that comes easily. If you're a mother **and** you work outside of home, you know that it's almost impossible to get a good rest... But you **need** to somehow find time to rest.

(1) Now (2)... 'rest' is a word that can describe many different situations isn't it? In preparing for our program today, I asked several people to tell me what the word '**rest**' means to them. Do you want to hear what they said?

(2) Yes I would love to...

Woman **1**: To me *rest* means being able to sit down, and finally close my eyes while my baby sleeps.

Woman **2**: I Think *rest* to me means 'to be ok'...to be quiet in my mind and heart...to find inside me an awareness of who I am, and who God is.

Woman **3**: To me *rest* is being able to enjoy nature...to look at the trees, the sky and all the beautiful things around me.

Woman **4**: For me *rest* means - when I can stop doing the many things I have to do everyday and just be **me** – not having to 'perform' for anyone else.

(2) Thanks (1), that's really interesting to hear different people saying what 'rest' means to them. So what do **you** think, my friend? What does **true rest** mean to **you**?

(1) The truth is...each one of us needs regular rest.

(2) You're so right (1)! In fact, all of us need some rest every day of our life!

(1) So, let's discover more about rest, together, on this very special *Women of Hope*. But first...here's a beautiful song for you.

(1) You're listening to *Women of Hope*, and today we're talking together about the very important issue of **rest**. I'm very pleased to introduce to you (Guest 1). She will suggest a few things we can do to have that wonderful feeling of being well...and rested; ways that we can overcome tiredness, and lack of energy.

(**Guest 1**) Hello – it's good to be here with you. I'm glad to be a part of this program. Well, today we are talking about rest. And why? Because as we've said already, we women all feel tired at times...and who likes to feel that way? Of course it's natural to feel tired after we have been working hard for a long time. But feeling tired **all** the time can stop you from enjoying your life. Experts tell us that one in every five people feel tired most of the time. There are many possible reasons for this. For example:

- - People who are over-weight are normally tired. Their body has to work harder just to do every day things.
- - Or if someone is too thin, there is not enough strength in their muscles to do everyday things, and they too may feel constantly tired!
- - Any serious and painful illness can also make you tired.
- - Breast-feeding and pregnancy can make a woman feel very tired too.
- - And of course if you don't sleep well you'll feel very tired when you wake up in the morning...as though you had not been sleeping at all!

There are **so** many other reasons for feeling tired most of the time - stressful situations...depression...worrying about the future...and many other things...

If you feel tired **all the time**, then the best thing you can do is to learn how to rest. This is the most natural remedy. You **must** rest! You must find the time for it! It may have taken many years for you to get to this point – feeling this unending tiredness. So, it might take time for you get back to feeling well again.

Let me suggest some ways to help you get your much-needed rest:

>**Firstly** - try getting to bed by 10 pm as often as you can...and make sure you sleep in a dark room. Scientists have found that the best time for our body to repair itself is between the hours of 10 pm and 1 am every night. So try getting to bed early.

>**Secondly** the food we eat makes a difference to how we feel. Here are some suggestions about food:

- **Try not to eat processed foods** that come from cans and packets. Most women today live very busy life-styles. Some of us do not have time to cook healthy meals with meat and vegetables - the way our mothers and grandmothers did. So, we use processed foods that do not have much nutritional value. They are often full of chemicals and the vitamins and minerals have been cooked away. Because there is not much fibre in these foods, they can also block your digestive tract and make you constipated.

- **Try not to have too much caffeine.** Caffeine is found in many foods, and even medicine, today. Caffeine gives you false energy that stimulates your body and gives you a temporary high, but it can make you feel even more tired afterwards.

- **Don't eat too much sugary food** – like sweets, cakes, soft drinks and ice-cream. Sugar is not good for your health and can even feed any infection that you may have in your body.

- **If possible, try to eat animal protein** like meat, fish, chicken and eggs in the middle of the day - between 11 in the morning and 2 in the afternoon. Digesting these foods takes up a lot of energy and the middle of the day is when your digestion is working best.

- **Include fermented foods and drinks** if you can, (such as Tofu, Miso, Kimchi, Yoghurt and many others) in your diet. These provide good bacteria to protect the digestive system.

- **And always remember to drink plenty of water** – up to eight glasses a day! It is very good for you! Your body needs water to function properly – so the best way is to sip it throughout the day. If you don't drink enough water you will feel dehydrated and tired.

If you eat these healthy foods and drink plenty of water, your body will cleanse itself. Your body will get rid of the poisons that build up inside it and you will feel much more healthy and not so tired.

>**Thirdly** – another suggestion to help you not to feel so tired is to make sure you exercise each day. Exercising means your body gets more oxygen. This will cleanse your blood...encourage your digestion to work properly...and help you to sleep better.

>**Fourthly** – did you know that your body needs sun? If you are a person who works inside all day long, remember to get out into the sunshine sometimes. Why? Because your body needs vitamin D...which it manufactures every time your skin is exposed to sunshine. The best time is in the morning and during the middle of the day. But make sure you don't stay in the sun too long and burn your skin.

>**And last of all** - make an effort to smile and enjoy all that you have.

Please don't try to change everything at once. Choose to change one step at a time. If you are feeling very tired, you are not alone. Many other women – and men – feel the same way. The good news is that by following these suggestions step by step you will start to recover and feel rested.

Remember as we said before...you might not see results overnight, but these changes will all help you to be more fit and healthy and not feel so tired. Be patient with yourself and take time to make these changes in your daily habits.

(1) Thank you (Guest). You've made some excellent suggestions for those of us who are lacking the energy in our busy lives...being a wife, a mother and a working woman.

(1) (2), when you feel tired have you ever tried doing something new and different for a change?

(2) No I haven't thought of that – do you have some ideas?

(1) Yes - maybe you could go somewhere you have always wanted to go. Or Listen to some nice, soothing music.

(2) Oh yes - music can have a healing effect on our souls, especially if it is calm or inspiring music. I often listen to music that makes me want to praise and thank our great creator and Father, God. Maybe you do this with music that is special to you too!

(1) You could also invite friends over to spend some time talking and laughing together. Just make sure that you do not discuss serious issues that you might not agree on. This is a special time for fun...remember?

(2) Yes, that's a good idea!

So – if you're **often** tired, remember the things you need to do: Make sure you get some rest; ...go to bed early; ...eat good healthy food; ...drink plenty of water; ...have some exercise; ...try to spend a little bit of time in the sun each day, ...and don't forget to smile and have fun when you can.

(1) Following these simple steps will help you overcome your weariness and you will feel better rested. Are you ready to try? I am!

(1) Do you know **(2)**, when you talk to women from all cultures you hear them say that they do not have time to rest. It seems that we're all in the same boat! Now...the Bible tells us that **even God** rested on the seventh day from all his work when he created the world. If God, being God, needed a day of rest...

(2) ...How much more do women like **us** need to make sure we rest!

(1) That's so true...and God wants us, whenever we can, to take time out from our stressful lives and rest awhile in **his** presence.

That reminds me of something that happened in the early years of my life. It was a time when God made me keep still and wait on him alone. That was when I learnt to let him take over my life.

(2) How did that happen?

(1) Well **(2)**, I started a new job as a teacher in a local school. I was given one year to prove myself as a good teacher. The job meant a lot to me and I wanted to do my best. There was so much pressure, competition and many hours of hard work.

To make matters worse I developed chicken pox. I thought that I would lose my job because I had to stay at home and be confined in my room for a while. But God had a purpose for my time of rest.

It was at that time that I heard the soft, still voice of Jesus speaking to my heart as I prayed to God. I know that he brought me out of my busy life so that I could rest while **he** worked things out on **my** behalf. And you know...I was really surprised when I went back to school. I was actually given a raise...and a promotion. It was a valuable lesson for me in trusting God. I learned that I could do nothing about my situation – I had to leave it in God's hands. He worked it out for my good. I just had to **rest in him**.

(2) You know what I am thinking as I hear your story, (1)? The Bible says...'In repentance and rest is your salvation, and in quietness and trust is your strength' (Isaiah 30:15)... In quietness and trust is your strength! How wonderful – that we can rest in God and trust him and he will make us strong!

(1) We are talking about 'Rest' here on *Women of Hope* today.

(2) My friend, it is not uncommon for women today to be on the go constantly...whether we work at home or outside the home. This constant running around creates a lot of stress. We often become restless, losing our sense of peace and well-being. What can we do about this? Let's listen to (Guest 2) as she tells us what it means to experience "true rest" in body and soul.

(Guest 2) Hello my friend. Tell me...are you tired? Do you feel weary and burdened with life right now? It's easy for us to feel this way, isn't it? Life moves very fast these days! It seems like our society values busyness - **not** rest! So we are busier than ever! As a result, most of us feel tired and worn out.

You know...God's Word, the Bible, tells us that when God created this world, He showed us a good model of work...and rest...for us to follow. God worked six days...creating this whole universe we live in. But on the seventh day he did nothing! He rested. In doing this, God showed that rest is really important. It was for him, and it is for you and me. It is necessary for our survival!

The Bible also tells us that Jesus, the Son of God, showed that **even he** needed rest when he sat wearily beside a well after a long walk. Another time, he rested when he slept in the back of a boat after a long day of work. Jesus rested often when he and his disciples got away from the crowds. He needed some peace and quiet. Now...If God rested from the work of creation...and his son, Jesus, needed rest from his ministry to the people who followed him, do you think we need to rest from our work as well? Yes we certainly do!

You know, my friend...Jesus knows well the burdens we carry in this life. He understands how we can feel weary under the weight of pressures we face in our society today... He understands how we can feel dry and burnt out. He understands how we feel burdened by the guilt and shame some of us are trying to carry deep in our hearts.

Jesus knows you...even better than you know yourself!! That's true! And he is inviting all of us today to come and rest in him. Listen to what he says in the Bible: "Come! Come to me all of you who are weary and carry heavy burdens, (Is that you? If it is, listen closely to what he says – "Come to me... and I will give you...**rest**." (Matthew 11: 28 NLT) What a beautiful invitation for those of us who are staggering under so much pressure – trying to manage a job and a family and often many other things. You might even feel burdened with your work in the church or the community.

Or perhaps you are carrying the heavy weight of things that others have done to you. Maybe you have been abused or deceived by those you trusted. Are you feeling shame and bitterness? All these things weigh us down, don't they? Here is Jesus...inviting us to come to him. He says: "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 and you will find rest for your souls. For my yoke fits perfectly and the burden I give you is light." (Matthew 11:28-30 New Living Translation)

To help us understand what he is offering here, Jesus borrows a picture from a farmer working in the fields. Two oxen would plow the fields together with a wooden yoke across their shoulders – so that they could help each other. When Jesus says, "Take my yoke upon you." He is suggesting that we walk alongside him and share the yoke with him. Instead of pulling the heavy weight of our burdens by ourselves, he is asking us to share our load with him. How do we do that?

God's word tells us that Jesus gave his life for us on the cross – to take the punishment for our sins. Only **he** can free us from our burden of sin and guilt. We cannot come to Jesus trying to impress him with how much we can do for him. We cannot live up to his perfect standards on our own. We can only come to him humbly...willing to admit that we can't carry the load by ourselves. We can only come to Jesus in complete trust that **he** can give our weary souls rest!

So, my dear friend...how about you? Are you tired and weary today? Have you reached the end – and you cannot carry your heavy burden by yourself any longer? Come to Jesus! Come to him and receive rest for your weary soul. *Ask Jesus to carry this burden for you. He **will do** what he **promised** – He **will** give you rest!

Would you allow me to pray with you...and for you? If so, please pray this prayer with me...

Dear Jesus, we know you are the Son of the almighty God. You are able to do whatever you promise in your word, the Bible – So, please help me...

I come to you today to ask you to carry my burden for me. Please forgive my sins. I give you my burden right now. Please restore my weary soul...and give me rest. Thank you for your love and peace that will wash me clean so that I can serve you. Hear me God, for I pray in Jesus' name. Amen

(1) Wow, What a privilege we have! Just listening to God's word makes me feel relaxed and rested. True rest comes from God alone.

(2) Yes, sweet rest in Jesus can be experienced only when we ask him to forgive our sins...and invite him into our lives. Listen to the words of this beautiful poem:

Sweet Rest in Jesus (by L.S. Riggs)

In Jesus I have found sweet rest

From sorrow...toil...and care

In him, I am happy and blest

For all my burdens he bears.

Oh how happy am I

With my Savior so near!

I have found sweet rest

On Jesus' dear breast!

I came to the Lord for release

When burdened with guilt and with sin

He cleansed me and filled me with peace

And gave me his spirit within.

Though many the troubles I meet

He will keep me and help me along

I will sit at his glorified feet

For he is my joy and my song.

All glory and praise to your name

For what you suffered for me

For saving my soul when I came

And gave myself up to thee.

(2) My prayer is that you will find rest in Jesus today. Trust him. He will never let you down.

(1) With this lovely thought, we come to the end of our *Women of Hope* program for today. We will be back again soon, with some more practical information, good music and something to share with you from God's word.

(2) Please contact us at...