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I don't know how helpful rest actually is

I've gotten to the point where I kind of think that people are just bored and misconstrue that as burnout.

A few months ago I had something break in my mind. I stopped telling myself "no", or that I deserved to "kick back a lil" and it's actually given way to the best material output of my entire career.

At a macro level yes, sleep is good but I don't know about rest.

I think that the way we have defined rest is not accurate to what rest is described as in the Bible, and therefore inherently it is flawed.

over.

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