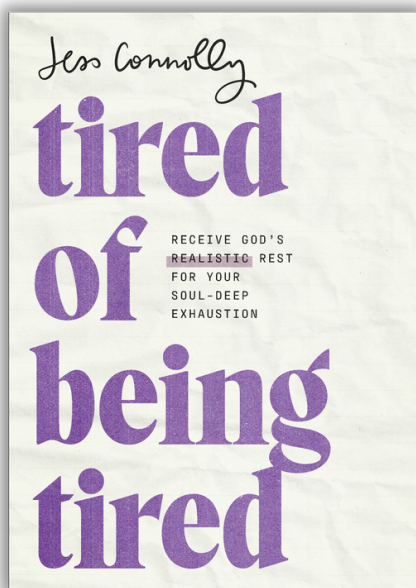




A Full Schedule Does NOT Equal a Full Life & Other Lies that Keep You Exhausted

Bestselling Author Jess Connolly Guides Women to Achieve Realistic Rest for Their Busy Lives



Grand Rapids, MI (October 2023) - Every woman you know is tired. Whether she works, stays at home with kids, is an empty-nester, or is still in school... no matter the season, we're all often starting the day exhausted and ending it defeated. We tell ourselves it will get better in a few weeks, so we power through, drink more caffeine - sure that this fatigue is all our fault somehow. Weeks turn into months and months into years. Bestselling author and keynote speaker **Jess Connolly** has been in that same bone-weary place but with wise practices and a new way of living, she has seen how realistic rest revived her.

In her new book, *Tired of Being Tired: Receive God's Realistic Rest for Your Soul-Deep Exhaustion*, Jess offers practical wisdom to guide women into a lifestyle of sustainable rest. After developing chronic panic-attacks, battling anxiety and an autoimmune disease, **Jess** realized there had to be more for women of faith. She dug into the Word of God, researched, and searched for a realistic approach to rest that women could tailor to their individual lifestyles and needs.

Tired of Being Tired offers readers insight into:

- The lies that prevent women from practicing rest
- How to identify the 4 different sources of fatigue
- The practical steps toward creating sustainable rest
- Reflection questions and Scriptures to prompt realistic change
- "Low Power Mode" tips for creating daily and weekly rhythms of rest
- Scripts and strategies for protecting your peace

Tired of Being Tired is for the woman who is ready to break the cycle of exhaustion and find rest for her weary and burdened soul. "Jesus Christ did not die on the cross for us to live a life of punitive exhaustion," **Jess** writes. "We believe the lie that we're holding these lives together with our bare hands, and we forget about the God who holds back the seas from the shore." With biblical truths and practical application, *Tired of Being Tired* guides readers to create new rhythms so that they can experience the abundant life God intended for them.



About Jess Connolly



Jess Connolly is the author or coauthor of several books, including *Wild and Free*, *You Are the Girl for the Job*, and *Breaking Free from Body Shame*. Along with her husband, Nick, she planted Bright City Church in Charleston, South Carolina, where they live with their four children. **Jess** is a woman who wants to leave her generation more in awe of God than she found it. She is passionate about family, God's Word, and seeing women take their place in the kingdom. Find her on Instagram @JessAConnolly or on her website, www.JessConnolly.com.



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Tired of Being Tired: Receive God's Realistic Rest for Your Soul-Deep Exhaustion

By **Jess Connolly**

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Suggested Interview Questions

Jess Connolly

Author of *Tired of Being Tired*

- ▶▶ You say that every woman you know is tired. Why do you think this is?
- ▶▶ What prevents women from giving themselves permission to seek rest?
- ▶▶ It's hard to pinpoint why women are so exhausted. How can we identify the source of our fatigue?
- ▶▶ You discuss a source of exhaustion that many people may not be aware of. Can you tell me a bit about Spiritual Exhaustion and how to recognize it?
- ▶▶ How can women create sustainable rest without compromising their necessary roles and responsibilities?
- ▶▶ In your book, you discuss the physical toll that a lack of rest took on your health. Can you tell me a bit more?
- ▶▶ What experience has shaped your understanding of the importance of rest the most?
- ▶▶ You talk about strategies for protecting your peace. What relationship does peace have with rest?
- ▶▶ In a culture that wears busyness as a badge of honor, how can women choose to prioritize rest without shame?
- ▶▶ In your book you talk quite a bit about creating rhythms of rest. What rhythms are you practicing in this current season?
- ▶▶ The subtitle of your book is *Receiving God's Realistic Rest for Your Soul-Deep Exhaustion*. Why does rest seem unrealistic to many women?
- ▶▶ You say that "my limitations are not a liability." Would you elaborate on what you mean by this?
- ▶▶ The idea of practicing Sabbath may feel impossible to many women. What would you say to a woman who doesn't feel like she can take a day off?

On Rest & Culture:

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. Our fatigue is actually a cultural problem that demands a spiritual and practical answer. We are soul-tired because we're coming against a culture of reactive defeat, one that assumes exhaustion is inevitable instead of fighting for rest. We idolize busyness over a sustainable pace and reward women for pushing through rather than blessing our God-given boundaries. A vision for realistic rest only works if it works for all of us. I believe that God offers His abundant gift of rest to all of us, and I don't believe receiving this rest presupposes that we live sweet and tidy lives where everything always fits and works perfectly.

On Rest & Faith:

Jesus Christ did not die on the cross for us to live a life of punitive exhaustion. I think many of us are waiting until we're "done" or "finished" before we rest. But that moment is not coming until the end of our life. There is evening and morning, there is rest and then work. In God's structuring of the created order of everything, He intentionally sequenced rest to come first before any kind of waking activity. For many of us, embracing a life of rest will actually make us the most countercultural person we know, even though we find ourselves in Christian circles and churches. Rest may cost us the approval of others, but it will help us gain a sense of being known and loved by God. Rest is not a result of the fall. Rest has always been a part of God's kingdom, and it is a gift God gives.

On Rest & Limitations:

Sometimes we're so insistent on the importance of our presence that we forget about the presence of God. We believe the lie that we're holding these lives together with our bare hands, and we forget about the God who holds back the seas from the shore. If you're exhausted because you've believed the lie that everything depends on you, it may be time to get a little more dependent on Jesus. We're daughters. The limitations of our physical bodies are not liabilities; rather, they're a gift from our Father so we can lean on Him and return to our belovedness.

On Rest & Peace:

I've learned over time that living in perfect peace isn't always feeling perfectly peaceful. Peace that passes understanding is our birthright as sons and daughters of God. It's His promise to those of us who keep our minds stayed on His goodness. And it's a promise we can take Him up on as much as we need to. Mental peace was purchased on our behalf with the body and blood of our Savior. It is ours for the taking, for the claiming, but doing so will mean breaking up with the busy-glorifying culture that tells us strong women carry it all, push through at all costs, and are always accessible at all times. Our brains were made good by a Father who loves us and wants wholeness for us. Our minds have been given the capacity to interact with the Spirit that brought love back to life. We weren't made for discombobulated, scrambled, and constantly confused living.

On Rest & Sabbath:

Our souls will be continually exhausted if we don't take a moment to experience the thrill of repentance and the refreshment that comes after. So, confess to God, let the light of His love shine on the sin in your heart, and receive the grace that is yours for the taking. The Sabbath is for us. It's a gift for us. In the same way that all rest is a gift for us. It is not a performance or a project that God is asking from us. Many of us are trying to build lives of obedience and worship while disobeying and ignoring this invitation to worship—the Sabbath. But Sabbath has never been about our righteousness or goodness; it's always been about His generosity and care for us. The practice of Sabbath is perfectly designed as a gift from God to help us combat the physical, spiritual, mental, and emotional fatigue that has plagued us all our lives. It's a rhythm that takes time to develop, takes faith and trust to practice, and will cause us to go against the cultural flow of our communities.

Quotes From *Tired of Being Tired*

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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.

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Our fatigue is actually a cultural problem that demands a spiritual and practical answer.

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Peace is our birthright, but I don't believe our Father would have promised us peace that passes all understanding if He pretended that our struggle wasn't real.

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Jesus Christ did not die on the cross for us to live a life of punitive exhaustion.

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There's an implied insistence that we, as women, will do the mental gymnastics needed to cope with and coordinate the complicated lives of every person we lead and love.

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I refuse to keep living a life where the best I can hope for is an endless loop of exhaustion and listless living.

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Spiritual exhaustion becomes our reality when we trade God's care for our obligation, God's grace for earning love, and God's abundance for just getting through the day.

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We cannot fight mental fatigue—specifically overstimulation—without silence and solitude.

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You will continue to experience spiritual exhaustion if you believe that every rhythm, every expression of love and service, is only about what God wants or needs from you.