

Reinvention how to make the rest of your life the Study Guide

Reinvention how to make the rest of your life the opportunity you've always dreamed of ? a journey of renewal, growth, and fulfillment. Whether you're approaching retirement, facing a career transition, or simply seeking a fresh start, embracing reinvention can transform your future into a vibrant, meaningful chapter. This comprehensive guide will explore practical strategies, inspiring ideas, and actionable steps to help you craft a life filled with purpose, passion, and joy.

Understanding Reinvention: Why It Matters

Reinvention is the process of transforming your life by making intentional changes in your mindset, habits, or circumstances. It's about moving beyond limitations and embracing new possibilities. The importance of reinvention lies in its ability to:

- Foster personal growth and self-discovery
- Break free from stagnation or dissatisfaction
- Increase resilience and adaptability in changing times
- Create new opportunities for happiness and success

Recognizing that reinvention is a continuous process empowers you to approach the rest of your life with optimism and proactive intention.

Assessing Your Current Situation

Before embarking on your reinvention journey, it's essential to understand where you stand. This reflection provides clarity and sets a solid foundation for meaningful change.

Reflect on Your Values and Passions

Identify what truly matters to you:

- What activities make you feel energized and alive?
- Which values do you want to uphold or prioritize?
- What legacy do you wish to leave?

Evaluate Your Skills and Strengths

Determine your core competencies:

- What skills have you developed over the years?
- Which talents do others often recognize in you?
- Are there skills you'd like to enhance or acquire?

Identify Areas for Change or Growth

Pinpoint aspects of your life that feel unfulfilling:

- Career dissatisfaction
- Limited social connections
- Health or wellness concerns
- Unfulfilled personal goals

Setting Intentional Goals for Reinvention

Clear goals provide direction and motivation. Make your goals SMART? Specific, Measurable, Achievable, Relevant, and Time-bound.

Define Your Vision

Imagine the ideal version of your life:

- What does a fulfilling day look like?
- What new pursuits or hobbies would you like to explore?
- How do you want to feel each day?

Break Down Goals into Actionable Steps

Create a roadmap:

- Identify short-term milestones (e.g., enroll in a course).
- Plan long-term objectives (e.g., start a new career or business).
- Set deadlines to maintain momentum.

Strategies for Reinventing Your Life

Implementing change involves practical steps and mindset shifts. Here are proven strategies:

Embrace Continuous Learning

Never stop growing:

- Take courses or workshops aligned with your interests.
- Read books, listen to podcasts, or attend seminars.
- Learn new skills that open doors to fresh opportunities.

Develop a Growth Mindset

Adopt attitudes that foster resilience:

- View setbacks as learning opportunities.
- Celebrate progress, no matter how small.
- Stay open to feedback and new ideas.

Build a Supportive Network

Surround yourself with positive influences:

- Connect with like-minded individuals or groups.
- Seek mentors who inspire and guide you.
- Share your goals to stay accountable.

Prioritize Health and Well-Being

A vibrant life depends on good health:

- Maintain regular exercise routines.
- Eat nutritious foods.
- Practice mindfulness, meditation, or stress reduction techniques.

Explore New Passions and Hobbies

Discover what excites you:

- Try activities outside your comfort zone, like painting, dancing, or volunteering.
- Join clubs or classes related to your interests.
- Dedicate time regularly to pursuits that bring joy.

Overcoming Common Challenges

Reinvention can be daunting, but overcoming obstacles is part of the process.

Fear of Change

Combat fears by:

- Starting small with manageable steps.
- Visualizing positive outcomes.
- Reminding yourself of past successes in change.

Financial Concerns

Plan wisely:

- Assess your finances and create a budget.
- Explore income sources or side projects.
- Consider consulting a financial advisor.

Maintaining Motivation

Stay inspired by:

- Tracking your progress regularly.
- Rewarding yourself for milestones.
- Reading success stories of others who reinvented their lives.

Case Studies: Inspiring Reinvention Stories

Real-life examples demonstrate that reinvention is possible at any age.

From Corporate Executive to Artist

Jane, a 55-year-old retired executive, pursued her passion for painting. After years in the corporate world, she dedicated time to art classes, built a portfolio, and now exhibits her work, finding fulfillment she never experienced before.

Retirement to Entrepreneur

Carlos, aged 60, started a small online business after retiring. Leveraging his skills and hobbies, he turned a passion for gardening into a thriving venture, gaining a new sense of purpose and financial stability.

Maintaining Momentum and Embracing Lifelong Reinvention

Reinvention isn't a one-time event but a lifelong journey. Cultivate habits that sustain growth:

- Regularly reassess your goals and progress.
- Stay curious and open to new experiences.
- Practice gratitude to appreciate your journey.

Remember, the best time to reinvent yourself is now. By embracing change, cultivating resilience, and pursuing your passions, you can make the rest of your life the most rewarding chapter yet. Start today, and turn your vision into reality.

Reinvention: How to Make the Rest of Your Life the Best It Can Be

In a world characterized by rapid change and constant evolution, the concept of reinvention has become more relevant than ever. Whether you're approaching a milestone birthday, experiencing a career shift, or simply feeling the urge to redefine your purpose, knowing how to make the rest of your life the best it can be is a powerful pursuit. Reinvention isn't about starting from scratch; it's about recalibrating your life's direction, embracing new possibilities, and cultivating a sense of fulfillment and excitement for what lies ahead. This guide explores practical strategies, mindset shifts, and actionable steps to help you embrace a transformative journey toward a more vibrant and meaningful future.

Understanding Reinvention: Why It Matters

Reinvention is the process of consciously choosing to change significant aspects of your life—be it your career, relationships, health, or personal passions. It's a response to the recognition that growth doesn't stop at any age, and that the pursuit of a fulfilling life is ongoing.

Why Reinvent Yourself?

- To escape stagnation and boredom
- To pursue long-held passions or new interests
- To align your life with your authentic self
- To adapt to life's inevitable changes (retirement, loss, health issues)
- To create a legacy that reflects your evolving values

Embracing reinvention allows you to take control of your story, fostering resilience and renewed purpose.

Step 1: Reflect and Assess Your Current Situation

Before embarking on any major transformation, it's essential to understand where you are now and where you want to go.

Questions to Ask Yourself:

- What aspects of my life do I feel satisfied with? Which areas need change?
- Are there passions or interests I've neglected?
- What limiting beliefs or fears are holding me back?
- What does the best life look like for me at this stage?

Practical Exercises:

- Journaling: Write freely about your current feelings, desires, and regrets.
- Life Audit: List your strengths, values, and accomplishments.
- Vision Board: Create a visual collage representing your aspirations.

This reflective process provides clarity, helps identify gaps, and sets a foundation for targeted action.

Step 2: Define Your Reinvention Goals

Clarity is key. Once you've assessed your life, set specific, achievable goals aligned with your newfound vision.

Goal-Setting Tips:

- Use the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound).
- Focus on areas such as health, relationships, career, personal growth, or hobbies.
- Break down big goals into smaller milestones to maintain momentum.

Examples:

- "Develop a new skill (e.g., learning a language) within six months."
- "Build a new social circle by attending monthly meetups."
- "Transition to part-time work in my passion field within a year."

Clear goals turn dreams into actionable steps, making reinvention tangible.

Step 3: Cultivate a Growth Mindset

A crucial component of successful reinvention is adopting a growth mindset—the belief that abilities and intelligence can be developed through effort and perseverance.

How to Foster a Growth Mindset:

- Embrace challenges as opportunities to learn.
- View setbacks as temporary and instructive.
- Celebrate progress, not just perfection.
- Replace self-limiting beliefs with empowering affirmations.

Practical Strategies:

- Read books like Carol Dweck's *Mindset* to deepen your understanding.
- Engage in continuous learning—take courses, attend workshops, or join groups.
- Practice self-compassion during setbacks.

A growth mindset encourages resilience and openness to change, vital for lifelong reinvention.

Step 4: Embrace Change and Step Outside Your Comfort Zone

Reinvention often requires stepping into unfamiliar territory.

Why It Matters:

- Growth occurs at the edge of comfort.
- New experiences broaden perspective and skills.
- Overcoming fear paves the way for confidence.

Ways to Embrace Change:

- Try new hobbies or activities.
- Network with people outside your usual circles.
- Volunteer for unfamiliar projects or roles.
- Travel to new places or immerse yourself in different cultures.

Remember, discomfort is temporary; the rewards?personal growth, new friendships, fresh passions?are lasting.

Step 5: Build a Support System

Change is easier when you're supported.

Strategies for Building Support:

- Seek out mentors or coaches who inspire you.
- Join communities with similar reinvention goals.
- Share your aspirations with trusted friends or family.
- Consider therapy or counseling if emotional barriers arise.

A strong support network provides encouragement, accountability, and new perspectives.

Step 6: Prioritize Well-Being and Self-Care

Reinvention can be physically and emotionally demanding. Maintaining health and well-being is fundamental.

Self-Care Practices:

- Regular exercise tailored to your ability.
- Mindfulness and meditation to reduce stress.
- Adequate sleep and nutritious diet.
- Setting boundaries to protect your energy.

A healthy body and mind serve as the foundation for sustained change and happiness.

Step 7: Practice Patience and Persistence

Transformations take time. Celebrating small wins along the way sustains motivation.

Tips to Stay Persistent:

- Keep a journal of your progress.
- Revisit your goals periodically and adjust as needed.
- Remind yourself why you started.
- Be compassionate with yourself during setbacks.

Consistency and patience are the bedrock of lasting reinvention.

Final Thoughts: Making the Rest of Your Life Your Best Life

Reinvention is a deeply personal journey, one that requires courage, clarity, and commitment. The idea of how to make the rest of your life the best it can be isn't about perfection but progress—each step bringing you closer to a life aligned with your authentic self. Embrace change as an opportunity for growth, cultivate a resilient mindset, and surround yourself with support. Remember, it's never too late to start anew or to deepen your pursuit of happiness and fulfillment.

Your best life is waiting—begin today, and craft a future that excites and inspires you. Reinvention is not just a phase; it's a lifelong adventure that can lead to unprecedented joy, purpose, and vitality.

Question What are the first steps to reinvent oneself for the rest of life? Begin by assessing your passions, strengths, and values, setting new goals, and creating a clear plan to pursue meaningful activities that align with your vision for the future. How can I overcome fear of change when reinventing my life? Recognize that fear is natural, start with small manageable changes, seek support from mentors or peers, and focus on the potential positive outcomes to build confidence. What skills are essential for successful reinvention later in life? Adaptability, continuous learning, resilience, emotional intelligence, and a proactive mindset are key skills to navigate and succeed in life reinvention. How do I finance my reinvention journey in my later years? Review your finances, consider part-time work or freelancing, explore new income streams, and create a budget that supports your new pursuits while ensuring financial stability. Can reinvention lead to greater happiness and fulfillment? Yes, embracing change and pursuing passions can enhance your sense of purpose, boost happiness, and lead to a more fulfilling and satisfying life. What are common challenges faced during life reinvention, and how can I overcome them? Challenges include fear of failure, financial concerns, and social expectations. Overcome them by planning carefully, seeking

support, and maintaining a positive, growth-oriented mindset. How important is a support system during the reinvention process? A strong support system provides encouragement, accountability, and advice, making it easier to navigate setbacks and stay motivated throughout your reinvention journey. Are there specific industries or activities that are popular for reinvention later in life? Yes, many find success in areas like coaching, consulting, creative arts, volunteering, or starting small businesses, which often align with their passions and experience. How can I maintain motivation during a long-term reinvention process? Set small, achievable milestones, celebrate progress, stay connected with your purpose, and regularly revisit your goals to stay inspired and committed.

Related keywords: reinvention, life transformation, personal growth, self-improvement, life change, new beginnings, life redesign, career transition, lifelong learning, embracing change

The saints everlasting rest

The saints everlasting rest is a profound concept rooted in Christian theology, symbolizing the eternal, unending peace and joy that believers anticipate in heaven. This doctrine has inspired countless believers and theologians over the centuries, emphasizing the ultimate hope and consolation for those who seek divine communion and eternal life with God. In this article, we will explore the origins, significance, and theological nuances of the saints everlasting rest, offering a comprehensive guide for those interested in understanding this vital aspect of Christian faith.

Understanding the Concept of the Saints Everlasting Rest

Definition and Biblical Foundations

The phrase "the saints everlasting rest" originates from the biblical book of Hebrews, particularly Hebrews 4:9, which states, "There remains therefore a rest to the people of God." This rest is often interpreted as the eternal peace and joy awaiting believers after their earthly pilgrimage concludes. It signifies not only physical rest but also spiritual fulfillment, perfect communion with God, and liberation from sin, suffering, and death.

Key biblical references include:

- Hebrews 4:1-11 ? Emphasizing the spiritual rest promised to believers
- Revelation 21-22 ? Describing the new heaven and new earth, where God's servants will dwell forever in peace
- Matthew 25:34 ? Jesus speaking of the inheritance prepared for the righteous, often associated

with eternal rest

Theological Significance

The concept of everlasting rest underscores several core Christian doctrines:

- **Hope of Eternal Life:** Encouraging believers to persevere in faith despite earthly trials
- **Ultimate Fulfillment:** The promise of complete satisfaction and joy in God's presence
- **Rest from Sin and Suffering:** The cessation of pain, toil, and spiritual struggle in heaven

Historical Perspectives and Key Theologians

Early Christian Views

Early Christians viewed the saints everlasting rest as the fulfillment of Christ's promise of eternal life. The writings of the Church Fathers, such as Augustine of Hippo, emphasized the soul's longing for union with God as the ultimate rest after the journey of life.

John Bunyan and "The Saints Everlasting Rest"

One of the most influential works dedicated to this theme is John Bunyan's book titled *The Saints' Everlasting Rest*, published in 1650. Bunyan's treatise is a spiritual meditation on the Christian's hope of eternal happiness and the importance of spiritual rest over worldly pursuits. The book explores:

- The nature of true rest in Christ
- The obstacles believers face in attaining this rest
- Practical advice for enduring trials and maintaining faith

Bunyan's work remains a classic in Christian devotional literature, emphasizing that true rest is found only in union with Christ and sustained through faith.

Theological Themes of the Saints Everlasting Rest

Rest as a Gift from God

In Christian theology, everlasting rest is considered a divine gift granted to the faithful. It is not merely a reward but an act of God's grace, made possible through Christ's atoning sacrifice.

Preparation for Rest

Living a life aligned with Christian virtues—faith, hope, charity, humility, and obedience—is viewed as preparation for entering this everlasting rest. Sacraments, prayer, and service are means to foster this readiness.

Rest and Resurrection

The saints everlasting rest is intimately connected with the doctrine of bodily resurrection. Christians believe that at the end of time, bodies and souls will be reunited in a glorified state, enabling believers to enjoy eternal life in both body and spirit.

The Characteristics of the Saints Everlasting Rest

Unending Joy and Peace

The essence of this rest is perpetual happiness, freedom from sorrow, and perfect harmony with God and other saints.

Visibility of God

In biblical descriptions, believers will see God face-to-face (Revelation 22:4), experiencing the fullness of divine glory.

Community of the Faithful

The everlasting rest is shared among the redeemed, emphasizing the communal aspect of heaven where believers rejoice together.

Practical Implications for Believers Today

Living with Eternal Perspective

Understanding the saints everlasting rest encourages Christians to prioritize spiritual growth and virtues over worldly pursuits, knowing that their ultimate hope lies beyond this life.

Endurance in Trials

Believers are called to persevere through hardships, viewing them as temporary and as part of the journey toward eternal rest.

Hope and Comfort

The promise of everlasting rest provides comfort during times of grief, suffering, or uncertainty, reaffirming faith in God's promises.

Contemporary Reflections and Devotional Practices

Modern Worship and Prayers

Many Christian traditions incorporate prayers and hymns that focus on the hope of eternal rest, such as the "Anthem of the Saints" or "Come, Lord Jesus," expressing longing for divine communion.

Inspirational Literature

Books like John Bunyan's *The Saints' Everlasting Rest* continue to inspire believers to seek spiritual fulfillment and prepare for heaven.

Personal Spiritual Discipline

Practices such as meditation on scripture, participation in sacraments, and service to others are seen as ways to cultivate readiness for eternal rest.

Conclusion

The saints everlasting rest embodies the Christian hope for eternal life—a state of perfect peace, joy, and communion with God. Rooted in biblical promise and theological reflection, it serves as both a goal for believers and a source of comfort amid life's struggles. By understanding and meditating on this divine promise, Christians are encouraged to live faithfully, trusting in God's grace, and looking forward to the eternal joy that awaits in the presence of the Almighty.

References for Further Reading:

- Hebrews 4:1-11
- Revelation 21-22
- John Bunyan, *The Saints' Everlasting Rest*
- Augustine of Hippo, *Confessions* and *The City of God*
- Modern theological commentaries on eschatology and heaven

Keywords: saints everlasting rest, eternal life, heaven, Christian hope, divine peace, spiritual rest, resurrection, divine grace, Christian theology

The Saints' Everlasting Rest is a renowned theological work that has profoundly influenced Christian thought and devotional practices since its publication in 1650. Written by the eminent Puritan preacher and theologian John Owen, this book delves deeply into the biblical doctrine of eternal rest and the believer's final communion with God. Its enduring relevance lies in its profound insights into the nature of heaven, the soul's longing for divine union, and the practical implications for Christian living. Over the centuries, 'The Saints' Everlasting Rest' has been celebrated for its theological depth, poetic language, and spiritual guidance, making it a cornerstone of Puritan spirituality and a treasured resource for pastors, scholars, and devout Christians alike.

Overview of the Work

The Saints' Everlasting Rest is essentially a meditation on the biblical promise of eternal life and the ultimate rest awaiting believers in heaven. John Owen's central thesis is that the believer's true and final rest is found only in God Himself, and that this rest is both a present reality in anticipation and a future consummation. The book is structured as a series of reflections, biblical expositions, and practical exhortations designed to awaken the believer's desire for heaven, deepen their understanding of divine rest, and prepare them for the eternal union with Christ.

Owen's approach combines theological rigor with poetic beauty, often drawing on Scripture, classical literature, and personal spiritual experience. He emphasizes that true rest is not merely cessation from labor but a state of perfect communion, joy, and satisfaction in God's presence. This work aims to inspire believers to live with an eternal perspective, cultivating holiness and longing for their heavenly home.

Main Themes and Content Analysis

The Biblical Foundation of Rest

Owen begins by exploring the biblical concept of rest, tracing its origins from the Genesis creation narrative through the promises of the prophets and the fulfillment in Christ. He emphasizes that the idea of rest is woven into the fabric of Scripture, symbolizing divine peace, completion, and satisfaction. Key biblical passages such as Hebrews 4, Psalm 23, and Revelation 21-22 are analyzed to reveal the biblical portrait of the believer's eternal inheritance.

Features:

- Deep exegesis of biblical texts
- Emphasis on Christ as the fulfillment of the rest
- Connection between creation, redemption, and consummation

Pros:

- Provides a comprehensive biblical basis for understanding heavenly rest
- Encourages a view of salvation as a process leading toward ultimate union with God

Cons:

- Some readers may find the theological language dense or abstract

The Nature of Heaven and the Final Rest

Owen vividly describes heaven not just as a place but as a state of perfect communion with God. He portrays it as the culmination of God's redemptive work, where believers will experience unending joy, peace, and satisfaction. Owen emphasizes that this rest is eternal, unchangeable, and infinitely more glorious than any earthly comfort.

He discusses the qualities of heavenly rest:

- It is a spiritual rest rooted in divine presence
- It offers complete freedom from sin, suffering, and death
- It is characterized by perpetual worship and joy

Features:

- Rich biblical descriptions
- Poetic and inspiring language

Pros:

- Helps believers cultivate an eager longing for heaven
- Reinforces the hope of eternal life as a vital Christian virtue

Cons:

- The idealized portrayal may seem distant or overly optimistic to some readers

The Practical Implications for the Christian Life

Owen argues that understanding and desiring the saints' everlasting rest should have practical consequences. It should influence how believers live daily, prompting holiness, perseverance, and a focus on eternal values over transient worldly pursuits. He advocates for a life of spiritual discipline, trust in God's promises, and a continual longing for heaven.

He also discusses the importance of rest in the Christian's spiritual journey—how rest in Christ is both a present experience and a future hope. Owen encourages believers to find comfort in Christ's finished work and to view their earthly struggles in light of the eternal rest promised to them.

Features:

- Spiritual disciplines as means to cultivate longing for heaven
- Emphasis on perseverance and hope

Pros:

- Offers practical guidance rooted in biblical theology
- Inspires perseverance amidst trials

Cons:

- Some may find the focus on future glory somewhat escapist without adequate emphasis on present sanctification

Strengths of the Work

- Depth of Theology: Owen's meticulous exegesis and theological insights provide a robust biblical foundation that enriches understanding of heaven and divine rest.
- Poetic Language: The prose is often poetic and stirring, capturing the beauty and majesty of the eternal state.
- Practical Application: The book encourages believers to live with an eternal perspective, fostering spiritual discipline and hope.
- Historical Significance: As a classic of Puritan spirituality, it has influenced countless generations of Christians seeking to deepen their understanding of divine rest.

Weaknesses or Limitations

- Complex Language: The theological terminology and sentence structures can be challenging for modern readers or those unfamiliar with Puritan writings.
- Abstract Focus: Some may find the emphasis on future glory somewhat detached from the realities of daily life or current struggles.
- Limited Practical Steps: While inspiring, the work offers limited direct instructions for spiritual disciplines, requiring readers to extrapolate application.

Impact and Legacy

Since its publication, *The Saints' Everlasting Rest* has been regarded as a spiritual classic within Christian theology. Its influence extends beyond Puritan circles, impacting evangelical and Reformed traditions worldwide. The work's emphasis on heaven as the ultimate goal of salvation continues to inspire believers to live with hope and perseverance.

The book has also contributed significantly to the development of Christian contemplative spirituality, emphasizing the importance of desire, longing, and meditation on divine truths. Many pastors and spiritual writers have drawn upon Owen's insights to nurture their congregations' hope in eternal life.

Modern Relevance

In today's fast-paced and often materialistic world, Owen's message about the importance of resting in God and longing for heaven offers a counterbalance to worldly pursuits. It reminds believers that their true home and ultimate fulfillment lie in union with God, encouraging a shift of focus from transient success to eternal joy.

The themes of divine rest and heaven also resonate with contemporary spiritual seekers looking for meaning beyond the material realm. The work's rich biblical foundation and poetic language make it a valuable resource for personal devotion, theological study, and spiritual renewal.

Conclusion

The Saints' Everlasting Rest remains a timeless masterpiece that eloquently captures the Christian hope of eternal communion with God. Its theological depth, poetic beauty, and practical implications continue to inspire and challenge believers across generations. While its language may require patience and careful study, the profound truths it conveys about divine rest, heaven, and the believer's ultimate destiny make it an essential read for anyone seeking a deeper understanding of their eternal hope.

For those longing to view their earthly journey through the lens of eternity, Owen's work offers both a guiding light and a stirring call to pursue holiness, perseverance, and divine union. As such, it stands as a pillar of Christian spirituality—an everlasting rest for the soul amid life's trials and uncertainties.

Question What is 'The Saints' Everlasting Rest' and who authored it? 'The Saints' Everlasting Rest' is a Christian devotional book written by Richard Baxter in 1650. It focuses on encouraging believers to look forward to eternal rest and communion with God. Why is 'The Saints' Everlasting Rest' considered a classic in Christian devotional literature? It is regarded as a classic because of its profound insights on spiritual rest, its practical guidance for holy living, and its enduring relevance for believers seeking comfort and assurance in their faith journey. How does 'The Saints' Everlasting Rest' address the concept of eternal life? 'The Saints' Everlasting Rest' explores the hope of eternal life through biblical teachings, emphasizing that true rest is found in the presence of God after earthly life, encouraging believers to remain steadfast in faith. What are some key themes discussed in 'The Saints' Everlasting Rest'? Key themes include the nature of spiritual rest, the importance of holiness, the assurance of salvation, the comfort of God's promises, and the hope of eternal communion with Christ. How has 'The Saints' Everlasting Rest' influenced Christian spirituality and devotional practices? The book has inspired generations of Christians to pursue spiritual rest and communion with God, shaping devotional practices by emphasizing meditation on eternal life, reliance on God's promises, and persistent faith amidst trials. Is 'The Saints' Everlasting Rest' suitable for modern readers, and how can it be applied today? Yes, it remains relevant for modern believers seeking spiritual encouragement. Readers can apply its teachings by deepening their trust in God's promises, cultivating prayer and reflection, and focusing on the hope of eternal rest in Christ amidst contemporary challenges.

Related keywords: heaven, eternal life, Christian spirituality, divine rest, salvation, afterlife, spiritual fulfillment, biblical references, prayer, divine grace

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