

"Essential . . . Rest is a necessary step in reclaiming our power to resist systemic oppression."  
—IBRAM X. KENDI, author of *How to Be an Antiracist* and *Stamped from the Beginning*

# **REST IS RESISTANCE**

**A MANIFESTO**

**TRICIA HERSEY**

FOUNDER OF

**THE NAP MINISTRY**

**REST IS RESISTANCE  
DISCUSSION GUIDE**

# DEAR READER,

I have a special place in my heart for book groups, and the discussions that arise from them. Back in my early twenties, right out of undergraduate school, I worked as a book group leader for an organization in Chicago. We set up book groups in alternative schools, public schools, community centers, and public aid offices. We sat around a table with hardback, crispy, new books, and read weekly together. We discovered the magic of community via books. I led hundreds of book groups during my time in Chicago, and from it I learned how important books can be for a culture and community.

Reading together is a liberation act and a healing balm in a world built on individualism. We can rest, read, and care for each other together. We will never heal alone.

Books open doors to other worlds, offer guidance, and become a candle on our path towards healing. I am honored by all book groups who will come together to hold space for conversation and rest. I humbly ask that you go slowly and build in time for silence, meditation, and even naps during your book group meetings. I hope you will cuddle up next to the book daily and see it as a collaborator on your rest pilgrimage.

May your journey discussing the book be slow, intentional, and filled with ease and comfort. May rest and community care hold us up during our weary times.

—Tricia Hersey



# THEMES LIST

Imagination, Anti-Capitalism, Womanism, Civil Rights, Social Justice, Community Care, Healing.

## SPOTIFY PLAYLIST



## DISCUSSION QUESTIONS

1. How has grind culture showed up in your life and in your family's life?
2. Does the idea of being a maroon from capitalism resonate with you? Why or why not?
3. Tricia talks about the legacy of her family's exhaustion and their rest practices. What have you learned about rest from your family?
4. In the book, there are flexible guidelines to help you begin to craft a rest practice. Can you imagine what a rest practice would look for you?
5. The book is filled with direct questions and inquiries to ponder. They may take a lifetime to answer. Is there a question that stood out to you? Share it with others.
6. Tricia uplifts the importance of deepening into this work not just from the surface level of napping alone. She says numerous times, "This is about more than naps." In what ways is this work about social justice and a politics of refusal?
7. What is your engagement with social media? Have you found it hard to not be "connected" there? Can you imagine your next detox from social media? What could it look like for you?
8. Write a list of wishes you'd like to see for a rested world. Begin each with, "I wish you..."
9. Who taught you how to rest? How can you make space for others to rest?
10. Which book from The Nap Ministry Library (located in the appendix of the book) are you most interested in slowly reading and adding to your understanding of rest as a liberation practice?