

## [About the R.E.S.T. Course \(by George Kong, December, 2020\)](#)

The R.E.S.T. Course is a very comprehensive, holistic, and systematic approach to telling one's life story and witnessing to others.

- It incorporates the Christian and business management principles and best practices
- It intends to view life events from both the human perspective and also from God's divine perspective
- It layouts the 4 stages of capturing & understanding one's life from **Recollection** of life's events, to an **Enlightening** reflection, to **Shifting** the paradigm, and to **Tracking** life's action plan
- It is a valuable tool to link the **PAST** events & experience to the **PRESENT** understanding of one self's strengths and weaknesses, and to the **FUTURE** planning of your life's endeavors, sharing the Gospel or witnessing, and service to the community by using God's given gifts & resources in the best way He intended.

