Rest is a necessity in our lives
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One of the things I noticed when I came over to England from Africa for university 40 years ago was the sense of peace and rest in the countryside in winter. In Africa life carries on whatever the season: almost as many insects, plants growing, warm sunshine, life fizzing along. By contrast, when you go out into the countryside in England there is a wonderful stillness and calm: few insects, plants resting - a welcome pause. It's certainly not a useless time; in fact, it's only this time of rest that gives nature the strength for the huge galvanizing of spring.

I'm writing this just after the whirl of Christmas: bright colours, frantic activity, and now - exhaustion. I don't think there's anything wrong with making sure we get some rest in January, and we mustn't feel guilty about wanting a rest. To go straight from Christmas into the sales and into plans for a New Year, conning ourselves that we are all fresh and bright, will only cause us problems later on, and perhaps lead us to make bad plans. Jesus also talked about the importance of resting:

"Come to me all ye that labour and are heavy laden, and I will give you rest."
Or (in a more modern version): "Come to me all who are weary and burdened, and I will give you rest" (Matthew 11:28).
And, of course, the Old Testament talks about resting the land and our need for a Sabbath rest too.

In other words, rest isn't a luxury for the idle; it's a necessity, and we are silly if we try to ignore our need for it. We need it in our ordinary lives, and we need it in our lives as Christians. Of course, how we use that time or space is important; it's all too easy to vegetate and then to realise that we could have sued our rest time far more productively. But I shall certainly be trying to get some rest in January. That way I will be more productive in the end and will be following God's advice.