

Word of the Day - "rasten"

by German-is-easy - Monday, January 07, 2019

<https://yourdailygerman.com/ausrasten-rasten-meaning/>

Hello everyone,

and welcome to our German Word of the Day in 2019, the year that looks like *eros* in a mirror.

Are ready for a whole new year of crazy rules, overly precise words and gazillions of endings and endings with endings? Or in one word: are you ready for ... German?

Awesome!

Then let's hit of 2019 with a look at the meaning of

rasten

It looks quite similar to the English *rest* so if I told you that the two are actually not related, that would be kind of a surprise.

But who cares about "kind of a surprise"?

German learners are a a hard working, honest folk. They like their beers cold, their latte without milk and their surprises real. That's how things are in this neck of the woods.

And the real surprise is that *rest* is actually two words that are NOT related to each other. And *rasten* is related to only one of them.

Intrigued yet?

Purrrrfect. Then let's jump right in....

It sounds really hard to believe but the noun *rest* and the verb *to rest* actually come from two different families.

The noun is based on the Latin verb *restare*. This is a combination of the prefix *re-*, like for instance return, and the verb the Latin verb **stare*, which simply meant *to be/to stand*. *Restare* carried the idea of remaining and via the Romance languages (get it... I used *via* near *Romance*) it made it's way to the Germanic languages and became the noun *rest*; or *der Rest* in German.

- Ich habe das Beispiel fast fertig. Den *Rest* mache
- I almost completed the example. The *rest*, I'll

- Einmal in der Woche machen Thomas und Maria *Reste-Essen* mit allen Sachen, die wegmüssen.
- Once a week, Thomas and Maria are making a *left-over meal* with all the stuff that has to be used.

- Die *restlichen* Aufgaben mache ich morgen.
- The *rest* of the tasks/the *remaining* tasks, I will do tomorrow.

- Das Konzert ist *restlos* ausverkauft.
- The concert is *completely* ("*without a rest*") sold out.

Now, it would make one billion yards of sense if the verb to rest were also part of that family.

I mean, resting usually means not moving. You "remain" on the couch.

But nope!

Etymologically, *to rest* and *rasten* most likely go back to the astonishingly ancient Indo-European root **er?*- which was about the idea of resting after a day of travel.

Now, of course this doesn't really make a difference, after all. If you want to associate *to rest* with *the rest*, that is fine. I mean... we're trying to learn German, not to do science.

I just thought it was an interesting twist that these two words come from completely different backgrounds.

Yeah... I know, not exactly a jaw dropping twist. But hey, I'm trying, okay.

Seriously though, what might interesting is that also the noun *die Ruhe* (*the quietness, the calm*) comes from that root. And *Ruhe*, or actually the verbs *ruhen* and *ausruhen*, are the proper translations for *to rest*. Well, in the context of *getting sleep/repose*.

- *Rest* in peace, favorite pants.
- *Ruhe* in Frieden, Lieblingshose.

- I need to get some *rest*.
- Ich muss mich ein bisschen *ausruhen*.
(Ich brauch ein bisschen *Schlaf*.)

- Thomas looks *well rested*.
- Thomas sieht *ausgeruht* aus.

And what about *rasten*, then? How is that used?

Well, *rasten* has fallen out of fashion for the most part, and it's more likely that you see the noun *die Rast*, usually in contexts of actual travels.

- Wer *rastet*, der rostet. (proverb)
- A rolling stone gathers no moss. / Use it or lose it.

- Nach zwei Stunden Wanderung, haben wir an einem kleinen Bach *Rast* gemacht.
- After two hours of hiking we made a *break* at a small creek.

- Ich fühle mich heute irgendwie *rastlos*.
- I feel somehow *restless* today.

- "Mama, halt an. Ich muss mal ganz ganz ganz dringend."
"Ich kann nicht einfach anhalten. Wir sind auf der Autobahn. Aber ich fahre an der nächsten *Autobahnraststätte*..."
"Zu spät. Das Wort war zu lang."
- "Mom, stop the car. I really really really have to pee."
"I can't just stop. We're on the highway. But I'll pull out at the next *rest area*."
"Great. I can hold for a bit."

(that moment when you make a joke about a long word and then you forget to actually say it in the audio :D)

Oh and let's also not forget about the nouns *Rastalocken* and *Rastafari*, which are got their name because they are chilling (resting) so much.

Yeah... that's... erm... that's my funny for this year.

Anyway, you might be wondering why *rasten* is even a word of a the day. I mean, it doesn't seem all that useful.

Well, the reason is the verb *aurasten*.

And for that we first need to mention the verb *einrasten*. *Einrasten* expresses the idea of some sort of latch snapping into place. It "goes to its resting place" if you will.

- Der Gurt ist nicht richtig *ingerastet*.
- The belt didn't properly *latch/snap into* place.

It's pretty technical, though, and the only reason I brought it up is because **ausrasten** is the opposite. Something "latches" out of place.

And that something is... drumroll please... us.

Ausrasten is a really really common word for people *loosing control*. You snap, you get unhinged. The main context is anger, but you can also find it in sense of partying really hard or being really really excited.

- Ich bin fast **ausgerastet**, als ich die Küche gesehen habe.
- I almost **exploded/snapped** when I saw the kitchen.

- Der, dem, den, die, den ... ich **raste** gleich **aus!!!**
- The the the the the... I'm am about to **blow up!!**

- Heute gehe ich feiern. Ich will so richtig **ausrasten**.
- Today, I'll go party. I want to **go really crazy**.

- Emanuel ist insgesamt ein ganz cooler Chef, bis auf seine **Ausraster** manchmal.
- Emanuel is a cool boss by and large, except for his **tantrums/freak-outs** sometimes.

- Dieser Lärm is **zum Ausrasten**.
- This noise is **driving me crazy**.

And that's for today :). This was our little look at the meaning of **rasten** and the family of **rest** and **to rest**, that didn't turn out all that crazy.

As always, if you have any questions or suggestions just leave me a comment.

I hope you liked it and see you next time.

** vocab **

rasten - take a rest (pretty much only used in context of hiking)

die Raststätte - the rest area (highway)

der Rasthof - the rest area

rastlos - restless

ausrasten - snap, explode, go crazy (figurative for loosing control)

etwas ist zum Ausrasten - something is making you crazy mad

der Rest - the rest

das Resteessen - a dish made from leftovers

restliche/n/m/.. - remaining (in sense of left over)

restlos - completely (without a rest)

die Ruhe - the calm, the quietness

sich ausruhen - to rest (sense of repose)

ruhen - to rest (fancy term)

ruhe in Frieden - rest in peace