

# rested

**The past tense of rest is rested**

Table Of Contents:

- [rested](#)
- [The Forms of Rest](#)
- [Conjugate Rest](#)
- [Rest in Present Simple \(Indefinite\) Tense](#)
- [Rest in Present Continuous \(Progressive\) Tense](#)
- [Rest in Present Perfect Tense](#)
- [Rest in Present Perfect Continuous Tense](#)
- [Rest in Past Simple \(Indefinite\) Tense](#)
- [Rest in Past Continuous \(Progressive\) Tense](#)
- [Rest in Past Perfect Tense](#)
- [Rest in Past Perfect Continuous Tense](#)
- [Rest in Future Simple \(Indefinite\) Tense](#)
- [Rest in Future Continuous \(Progressive\) Tense](#)
- [Rest in Future Perfect Tense](#)
- [Rest in Future Perfect Continuous Tense](#)

## The Forms of Rest

Infinitive	<b>to rest</b>
Present Tense	<b>rest / rests</b>
Past Tense	<b>rested</b>
Present Participle	<b>resting</b>
Past Participle	<b>rested</b>

## Conjugate Rest

### Rest in Present Simple (Indefinite) Tense

**Singular      Plural**

I **rest**                      We **rest**  
You **rest**                  You **rest**  
He/She/It **rests**      They **rest**

**Rest in Present Continuous (Progressive) Tense**

**Singular                      Plural**

I **am resting**              We **are resting**  
You **are resting**          You **are resting**  
He/She/It **is resting**      They **are resting**

**Rest in Present Perfect Tense**

**Singular                      Plural**

I **have rested**              We **have rested**  
You **have rested**          You **have rested**  
He/She/It **has rested**      They **have rested**

**Rest in Present Perfect Continuous Tense**

**Singular                      Plural**

I **have been resting**          We **have been resting**  
You **have been resting**      You **have been resting**  
He/She/It **has been resting**      They **have been resting**

**Rest in Past Simple (Indefinite) Tense**

**Singular                      Plural**

I **rested**                      We **rested**  
You **rested**                  You **rested**  
He/She/It **rested**          They **rested**

**Rest in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I was resting                      We were resting  
You were resting                You were resting  
He/She/It was resting        They were resting

**Rest in Past Perfect Tense**

**Singular**

**Plural**

I had rested                      We had rested  
You had rested                You had rested  
He/She/It had rested        They had rested

**Rest in Past Perfect Continuous Tense**

**Singular**

**Plural**

I had been resting              We had been resting  
You had been resting            You had been resting  
He/She/It had been resting    They had been resting

**Rest in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I will rest                      We will rest  
You will rest                You will rest  
He/She/It will rest        They will rest

**Rest in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I will be resting                We will be resting  
You will be resting            You will be resting  
He/She/It will be resting    They will be resting

**Rest in Future Perfect Tense**

**Singular**

**Plural**

**I will have rested**

**We will have rested**

**You will have rested**

**You will have rested**

**He/She/It will have rested**

**They will have rested**

**Rest in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been resting**

**We will have been resting**

**You will have been resting**

**You will have been resting**

**He/She/It will have been resting**

**They will have been resting**