



American Expression E2777 Rest assured

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“Rest assured” is a common English expression used to tell someone that they can feel confident, calm, or certain about something. It means that there is no need to worry because the speaker believes that a particular situation will be handled properly or that something is definitely true. For example, a manager might say, “Rest assured, we will solve this problem.” The expression does not literally mean that someone should lie down and rest. Instead, “rest” means to remain in a particular state, while “assured” means confident or certain.

The phrase is often used when someone is worried, uncertain, or concerned about what might happen. By saying “rest assured,” the speaker attempts to provide reassurance and confidence. For example, if a customer is worried that a package will not arrive on time, a company representative might say, “Rest assured that your order will arrive by Friday.” Similarly, a teacher might tell nervous students, “Rest assured that I will explain everything before the examination.” In each case, the expression communicates confidence and tries to reduce anxiety.

Grammatically, “rest assured” is frequently followed by “that” and a complete clause. We can say, “Rest assured that your information will remain confidential,” or “You can rest assured that we are doing everything possible.” The expression can also appear without “that” when the meaning is already clear. For example, someone might simply say, “You can rest assured; everything is under control.” Both “rest assured” and “you can rest assured” are natural, although the second form may sound slightly more conversational in certain situations.

The expression is especially common in professional, formal, and customer-service communication. Businesses use it to reassure customers about quality, security, delivery, refunds, or service. Employers may use it when explaining changes to employees. Government officials and organizations may also use the phrase when addressing public concerns. Because “rest assured” sounds confident and somewhat formal, it can make a statement sound authoritative. However, speakers should use it carefully because offering strong reassurance creates an expectation that the promised action or outcome can actually be trusted.

“Rest assured” can sometimes sound overly formal or even slightly old-fashioned in casual conversation. Friends are more likely to say, “Don’t worry,” “It’ll be fine,” or “I’ve got it covered.” Nevertheless, “rest assured” remains widely understood and useful when someone wants to emphasize certainty. It can also be used humorously. For instance, a friend planning a large dinner might say, “Rest assured, there will be plenty of food.” The phrase adds a confident, slightly dramatic tone that can make an ordinary statement more memorable.

It is useful to distinguish “rest assured” from similar expressions. “Don’t worry” directly tells someone to stop worrying, while “rest assured” emphasizes the reason for confidence. “Be assured” has a similar meaning but sounds more formal. “You can count on it” expresses strong confidence in a promise or expected result. “Have no fear” also offers reassurance but can sound dramatic. Understanding these differences helps English learners choose expressions appropriate to different relationships, situations, and levels of formality in everyday communication.

In conclusion, “rest assured” is a useful expression for giving reassurance and expressing strong confidence that something is true or will happen as expected. It is commonly followed by “that,” as in, “Rest assured that we will take care of everything.” The phrase is particularly effective in professional communication, although it can also appear in ordinary conversation. Its central message is simple: there is no need for concern because the situation is reliable or under control. Used appropriately, “rest assured” can communicate confidence, responsibility, trust, and reassurance clearly and effectively.

Questions for Discussion

1. What does the expression “rest assured” mean, and when would you normally use it?
2. How is “rest assured” different from simply saying “don’t worry”?
3. Why is “rest assured” commonly used in professional or customer-service situations?
4. Can you give an example of a situation where you might say, “Rest assured that everything will be taken care of”?
5. Do you think saying “rest assured” makes a promise sound more trustworthy or confident? Why or why not?