**A Day of Rest**

**Our creator finished His beautiful creation and looked on it and said, This is Good”.**

**Like Our Father, when we complete our creations, we also look on it and see that it is good.**

**This is why we create. This is why we receive a joyful feeling, when we finish our task.**

**The joy was share with us from the beginning. We are Our Father’s children.**

**When Our Father saw that his work was completed, He hallowed and blessed the day of completion.**

**He explains this to us, by words of the old prophets, to allow us to also join Him in His rest.**

**If we choose to go to Him on His day of rest, we can be reminded of all the wonderful creations and works that he marveled in.**

**We can also be reminded of our heritage too and review the stories of ancestors who lived before our time.**

**The “Day of Rest” is a gift to us to help relax our spirits and bodies and study or commune with the Lord.**

**“Remember, the seventh day**

**To keep it holy**

**Six days shalt thou labor and do**

**All your work, but the seventh day**

**Is the Sabbath of the Lord thy God**

**In it, thou shalt not do any work.**

**Thou, nor thy man servant**

**nor thy maid servant nor thy cattle**

**Nor stranger that are within thy gates.**

**For in six days the Lord made Heaven and Earth**

**The sea and all that in them is**

**And rested on the Seventh Day, therefore, the Lord blessed**

**The Seventh Day and hallowed it. The Book of Exodus**

**Try it. Go into the day and enjoy, Rest.**