

## Sabbath Rest

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“By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done,” Genesis 2:2-3 (NIV).

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest...” Hebrews 4:9-11 (NIV).

After God created the heavens and the earth and every living thing on it, He rested. But not only did He rest, He declared it holy. He set the example for us to follow and declared this day different from any other day of the week. On other days, there would be work. But on the seventh day, the “Sabbath,” there would be rest.

God has given us a weekly gift of a Sabbath Rest. When we accept and adhere to it, we replenish our souls. We are refreshed and renewed. By setting aside a day free from the constant pressure to produce and provide, we allow ourselves to be recreated. We need this time of rest to operate at full capacity throughout the week. Our “motor” will burn out if we keep operating without a break. Our batteries need re-charged.

Taking a day off tells God we trust Him and believe that He is able to provide our needs. It’s easy to fall into the trap of thinking that provision is all up to us. But provision is not up to us and what we can produce. It’s up to God and His ability to provide.

A Sabbath rest is not meant to be legalistic drudgery. We’re not bound to this day out of duty. It’s a day is for us to reconnect with God. Jesus reminds us that the Sabbath is a day made for man — it’s for our benefit. “Then he [Jesus] said to them, ‘The Sabbath was made for man, not man for the Sabbath,’” Mark 2:27 (NIV).

A Sabbath rest is a gift to be enjoyed. So ... enjoy!

### **Consider the following ideas for a Sabbath Rest:**

-What to do: Walk in the woods, take a nap, go for a bike ride, catch up with friends, sleep in, enjoy a cup of tea, take a long bath, etc.

-Involve spiritual encouragement: Attend worship service, listen to uplifting music, read the Bible or a devotional book, fellowship and/or share a meal with other Christ followers.

-Make it fun: Eat out at a fun breakfast spot or meet friends for a pizza dinner, gather friends for frisbee golf or flag football, drive to a park and take a walk, surprise a family member or friend with a phone call, go to the zoo

-Be intentional: Turn the phone ringer off, don't check email, save important decisions for next week, read a favorite book, watch an inspirational movie, save "special things" for your Sabbath — like a favorite family game, coffee spot or restaurant.