



Sabbath Rest

Description

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And 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)

What's God been doing in your life?

Yes, it's that time again! I would love to hear what God is doing in your life. How has God been faithful to you? How has God answered your prayers? Can you reflect back on your week and see that God has come through in a specific way?

I have been studying different passages on what it means to take a day of rest. I'm convinced that I haven't been doing a good job at it. In fact, last week I saw myself go and go and go for many different reasons. It doesn't matter what or how life fills up, it just does and our lack of rest tends to affect the other areas in our lives. I know for me, I watch it affect my marriage, my friendships, my health, my ministry, my writing, etc. I have to stop and take time to refresh, refuel, and recharge in the Lord. There is no way I can give on an empty battery!

Do you know that there are over 50 Greek and Hebrew translations of the word rest in the Bible? This amazes me! God knows that we need rest! He knew that we would work ourselves to death and not take breaks. He knew that He would have to be the example. So He started the habit of resting in the beginning of the Bible. Let's take a look at what "rest" means to God.

1. Rest is a Reward.

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work." ~Genesis 2:2

God worked hard six days in a row. I challenge you to read Genesis 1 and see just how hard He worked to create this earth that we enjoy. But on the seventh day, He rested. If God needed rest, how much more do we need rest. Remember, your times of rest will certainly refresh you for your times of

service in the Lord. You will have more to pour out, if you allow God the time to pour into you! The reward for 6 days of hard labor is 1 day of rest. We are on for 6 and off for 1. There is a balance to work and rest!

2. Rest Refreshes us.

“Remember the Sabbath day by keeping it holy.” ~Exodus 20:8

God set aside a day for worship, so we can focus on what really matters. It's a time to reflect on what really matters and become refreshed through the Lord. God cares about us so much, that He set this day aside. He knows us better than we know ourselves and He knows that we will crash hard if we do not take the time to rest in worship! Have you been protecting your Sabbath day?

3. Rest Refuels us.

“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.” ~Exodus 34:21

What does rest look like to you? For moms, maybe Sundays could be a pizza night with paper plates (no dishes and cooking). Time off from the kitchen! For dads, maybe Sundays could be a day of games with the family or outdoor adventures, instead of working on the yard or in the garage. For singles, maybe Sundays could be a day of doing that one thing you have been waiting to do or just time alone with God. Each one of you knows what rest looks like for you. I challenge you to take time to rest. You will be better for it and those around you will be too! Each one of us serves God better when we give ourselves a day of rest! Our bodies were not made to do 7 full days of work. Remember the equation, 6 days of work and 1 day of rest. Please find a balance in your life!

Challenge: Read Genesis 1 – 2:3, Take time to picture every day of creation. Imagine what it would have been like to see God in action! Allow these 6 days of creation to leave you speechless! Now, imagine taking one day off! If God needs it, then I guarantee you need it too!

Memory Verse: Genesis 2:2-3

Dear Father God, I pray You will show me what a day of rest looks like in my life. Please help me to treat Sundays different from any other day of the week. Help me to use it as a day to get refueled, recharged, and refreshed to do Your work throughout the week! I know that I can't do much without You first pouring into me.

Surrendering My Sundays,

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