



## ~ Resting in Jesus ~

***“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, so that no one will fall by following their example of disobedience.” – Hebrews 4:9-11***

In the beginning of our world, the bible teaches that God created everything in our planet in seven literal days. (Genesis 1) God is the creator, we are his creation. The seventh day of creation was the crowning glory in completing the creation week. The Lord “rested” from all His work and set aside this creation day to be an observance for His people thru the ages as a day of remembrance and a day set aside for them to spend specifically with Him. (Genesis 2:2)

Over and over in the bible, we see that there is a “rest” we receive when we walk in obedience to what the Lord calls us to do in our daily lives. It is especially significant in observance for His special day. I don’t know about you, but in this crazy pace I live thru every week, I could use rest in my life!

Many people question whether a specific day set aside for God is important. It should be okay to just pick any day. Does it really matter? Well, if you use the story of creation as your starting point, making the bible your guide for answers, the bible is clear that God chose a specific day – the seventh day of the week. And the book of Isaiah has the answer to the rest we receive in obedience to this command: "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the Lord has spoken.” – Isaiah 58:13-14

What’s amazing is how much the enemy works to steal this from people’s lives. He knows the blessing that the Sabbath brings so he organizes life to make it very inconvenient for people to feel able to put that day aside. Look around you. Everything seems to happen on Saturday. The devil also scurries around to create doubt that God’s word isn’t really understood, that you really can find rest on another day. Yet, Hebrews makes it clear that the Sabbath rest is for all who would walk in obedience to God’s law that says to remember the seventh day as Sabbath. (Exodus 20:8-11) This rest can also be felt throughout the week as we walk in obedience to the little things God calls for us during the day. However, the culmination of our daily walk is experienced on the seventh day as we bring to remembrance who God is and who we are to God on that day. It defines who we are – God’s creation honoring Him as the creator. For isn’t

that what He did in creation? It was a day to honor Him as creator. Celebrating that on any other day would be a dishonor to Him by way of stating we can choose our own day to honor Him rather than the day set aside for us, the creation, by our creator God – very much like a stubborn disobedient child to its parent.

What area of your life needs God's healing peace and rest? Take God to the test on His word. Spend a Sabbath rest with Him as your creator. Let Him fill you with a joy and peace that will replenish your soul and give you renewal for another week. Only your Creator knows what you, His creation, needs in order to be filled and restored. Come to Him and find rest and strength for your weary soul. You will not come away empty.

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