

God Provided Rest

Remember the Sabbath day, to keep it holy. Exodus 20:8

A noted author made the statement that “Societal expectations lead to **hurry sickness.**” This author felt that this hurry sickness drives many to addiction, divorce, and depression. This led me to think about how God in His infinite wisdom put so much emphasis on our need to come away from the pressures of life. In fact, He included it as one of the Ten Commandments.

In Exodus 20:9-10, God explains that there are six days to labor and do ALL the work. The seventh day is the LORD’s. Even though we do not have our worship services on the Sabbath, but rather on the first day of the week, to honor the resurrection of Christ, we still have the principle in Scripture of setting aside one day each week. On the Lord’s Day we need set aside all our labor and burdens and honor God as we fellowship with Him.

God created the earth in six days and He rested on the seventh. This set an example. *The LORD blessed the Sabbath day and hallowed it—Exodus 20:11b.* We get so caught up in the need to be productive (our to-do lists), the pressures of other people’s expectations, and our need to feel that we have done our best, that we forget that God knows we need to set apart a whole day each week to honor Him—a day to rest and worship.