

Genesis 2:1-3

1. Thus the heavens and the earth were completed, and all their hosts. **2.** And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which he had done. **3.** Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Rest, what a concept. Here we see the creator of heaven and earth establishing a principle designed to protect and bless us; and to bring balance into our lives. In fact, in the book of **Exodus** we learn for the first time of the “Ten Commandments” which God gave to Moses on Mount Sinai. The fourth commandment which God gave is concerning this very topic of rest. **Exodus 20:8** “Remember the Sabbath day, to keep it holy. **9.** “Six days you shall labor and do all your work, **10.** but the seventh day is a Sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. **11.** “For in six days the Lord made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the Lord blessed the Sabbath day and made it holy.

Did you know that the very first thing the Lord ever sanctified was the Sabbath day? You may ask what does the word sanctify mean? Simply, it means ‘to set apart or to make holy.’ Our Heavenly Father from the very beginning established this principle for us to follow. But, I believe that today it is one of the very principles that is neglected more than any other. Look at when most sporting events for our children are scheduled; they are on Sundays, and most of them are during the time when the majority of churches go and worship. Do you think that this is by accident, or design? Satan knows of the importance of rest and the Sabbath. In fact, I am convinced that he uses this tool of busy ness or business to keep us distracted from our greater calling. Years ago I was a workaholic, I would work seven days a week, and justify it by convincing myself that it was my duty as a man to do what ever it took to provide for my family. I’m not saying that there aren’t seasons when a person needs to work seven days a week; but if this pattern becomes the rule instead of the exception, then you need to reevaluate your life.

Most people who do not honor the Sabbath find their lives totally out of balance. If Jesus Christ is not the center of your life, then how can you expect to have balance with the rest of it? Don’t let circumstances, people or even your job; dictate you or your life with greater authority, than God’s own Word. If your marriage is falling apart, your health is failing, or your family is struggling, then look and see if this Kingdom Principle is an active part of your life. In his book, “Finding Favor with the King”, Tommy Tenney writes, “One day of favor can be worth more than a lifetime of labor.” What we so often fail to believe or realize, is that when we obey God and His Word, we set ourselves up to receive His blessings and provision; and when we don’t, how often do we disqualify ourselves from the very things that we desire, and that He has promised. Church, I exhort you to get serious about God and His Word; choose today, to start obeying, even when it costs you!!