

A Great Day in the Kingdom – 2/17/23

Have you gotten any rest lately? It is time for a rest. I need a rest. I feel rested. We use the word, “rest” quite often in our vernacular, but do we practice “rest”? I rarely mention Sabbath time, because I am a hypocrite. I do not enjoy rest. However, God is not interested in what I do or do not find particularly pleasant, with regard to His will. We are called to rest for a reason.

When we rest, the world around us seems to shut down for a temporary moment. We can reflect and yes, even listen for the voice of God. Jesus spoke of rest. He often went up “to the mountain” in order to rest. After all, Jesus was fully Divine and Fully Human.

Matthew 11:28-29, Come to me all who labor and are heavy laden, and I will give you rest.

Work and labor can be enjoyable, yet our focus in God sometimes requires the stillness that can only come from rest. If God can rest, after creating our universe, we should emulate the same action, or lack thereof, in action itself.

Genesis 2:2, And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

Why am I writing this week about rest? Because, I am not good about it, and do not enjoy it. Plus, sometimes the motto holds true: “Do as I say, not as I do.”

Remember, this very week to remind yourself that rest is a gift from God, practiced by God and in our Ten Commandments. No pressure.

PRAYER: Heavenly Father, you rested on the seventh day, after you created the universe. Help me to see past my will and lead me into Your will. Help me to rest and listen to your will for me. Help me to be still. I pray these things in the name of the Risen Christ Jesus! AMEN!!!