

Week 1: Sabbath | Day 1: Tuesday, October 13th

Scripture: Proverbs 3:5-6 by: Mike Sweigard

Trust is an interesting thing. We trust our chairs. We trust our friends. We put property into a trust so that close friends or family years benefit after we are gone. How goes it with God in relation to the Sabbath?

Consider Solomon's words, "Trust in the LORD with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight."

Do we trust Him with our rest? Do we "help Him out a little bit." As if His provision might not quite be enough? Do we trust He is in control and not us so that we might rest?

A brother-in-Christ would aptly share, "Relationships move at the speed of trust." Isn't it interesting that to have greater mobility, efficiency, and depth of relationship with God, I must still myself?

King David penned the words, "Be still and know that I am God, I will be exalted among the nations, I will be exalted in the earth." Notice the direct connection to our stillness and God's exaltation. Not that He needs our stillness, rather if we are not, we may miss His gloriousness if we remain in a frenetic pace, not setting aside time to rest. Rest relates to trust. It was the same for the Manna farmers in Exodus. God provided enough on the pre-sabbath so they could rest on the Sabbath.

As you lean into this week, how might you orient your days so that you can set aside the worries and cares of the world and rest in Him? How might your glorifying Him come through an act that echoes the strolls through Eden that Adam had as he walked with God – through resting?

Exercise it out:

Today, Tuesday, October 13th, consider how you will sabbath this week. For God's glory as you rest and delight in Him.

Sabbath reminds us that "our time" was never our time in the first place. All time is God's time. – A.J. Swoboda

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