

Week 1: Sabbath | Day 4, Friday, October 16th

Scripture: Hebrews 4:9-10 | by: Bingo Jenkins

“There remains, then, a Sabbath-rest for the people of God, for anyone who enters God's rest also rests from their works, just as God did from His.”

A God given rest for those who choose to follow Him. A future rest that is free from struggle and pain. One of joy and celebration. One of being in the Almighty presence of God. We get the privilege and opportunity to practice that here and now, when we follow God's example and His command to remember the sabbath and keep it Holy. To slow down and stop from everything pulling at our time and attention. To take that time and be in fellowship with others, to see and appreciate God's beautiful creation and to fellowship with our Father; receiving a taste, experience, of the blessings that are yet to come.

This is hard to really do, when everything around us is telling us to do more, get more, achieve more and so on. We are guilted into thinking we are lazy and slack if we rest and don't do something every minute we are awake. But anyone who enters God's rest also rests from their work as God rested from His.

I definitely feel and think I'm being lazy when I observe the Sabbath at first. I really have to try hard to switch off and relax without feeling guilty that there is something else productive I should be doing. But what a privilege we get to honor God by observing His Sabbath.

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