

So how do we apply Sabbath? First, set the goal. On my Sunday I keep the focus on first church and related activities and relaxing. So my do's are to do things with the church and spend time with Christian friends. These tasks both bring enjoyment to me and fill me up. My don'ts are doing "work". And I don't check financial accounts. The Sabbath is a way to show God you trust him with tomorrow. But one thing I remember is the Sabbath is not to be a burden, so small exceptions can be made. For example, a friend of mine had heater issues Saturday night so he had two choices: fix it Sunday morning or have his wife and kids be cold all day. His choice to fix it served as a God-honoring decision. There are times that "your donkey falls in a pit" don't feel bad about lifting it up.

But, God gave us the Sabbath and I know that when I follow it I enjoy life so much better. Sometimes I'll go to a friend's house and just visit on their porch and watch their kids play. The Sabbath allows me to do this without feeling guilty in not being productive and letting my to-do list go, and my mental health improves. So, I do believe the message in this passage is this: embrace the gift of the Sabbath and enjoy it. When you are celebrating Sabbath the way God intended it should feel pleasant, not burdensome.

*Heavenly Father, thanks for giving us the Sabbath and help us seek you to find the way you want us to enjoy it. Let us learn to trust you that you will take care of tomorrow. In Jesus name. Amen*

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