

SABBATH REST

The Sabbath was made for *man*. God needed no rest from *His* labors, but *we* certainly do. His provision of a time of rest to refresh ourselves and recuperate shows His intense love and concern for our well being. As I recently read,

“Our need for rest is like gravity. It just is. Our feelings and opinions cannot change it. Humans need rest. Animals need rest. Land needs rest...we may choose to ignore this need for a while, but **gravity always wins.**” [Subversive Sabbath: The Surprising Power of Rest In A Nonstop World, A.J. Swaboda p.15]

Stuart Briscoe said it this way, *"If you keep the violin strung at concert pitch all the time, it will break."* People can't keep going full tilt, needle pegged, operating at the red line 7 days a week, week after week, month after month. Something's going to give. The man who operates on a *dead run* continuously will find himself *running dead* in a short amount of time. [The Ten(der) Commandments, Ron Mehl, pp. 108-109]

I'm convinced that God has a bit of insight on His own creation. Don't you think that He knows a little something about what you and I really need? God ordained Sabbath Rest for our refreshment. Rest is serious business to God. He insisted that even during the busiest times there needed to be rest. The Sabbath was God's gift to God's people. It was given as an act of grace. It allowed much needed time to rest and refocus. And it reflected the condition of their spiritual relationship to God. It invites us among much else to remember. And remembering in a way that reminds us of who we are is the necessary groundwork for Sabbath practices.