

Then God said.....

REST

As I usually do each year, I watched the Tournament of Roses Parade on television on New Year's Day. The commentator said that this was the 130th Rose Parade, and though it had been cold and rainy some years, the weather had never been bad enough to cancel the parade. The commentator also said that in years January 1st fell on a Sunday, the parade was moved to the following Monday. The commentator went on to explain that Rose Parade supporters had a saying: "We don't mess with God's day, and he doesn't mess with ours." I smiled.

This made me think of the order God established in creation. After taking six days to create the world out of nothing, and calling it good, God rested on the seventh day.

Then God said.....

"Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested on the seventh day; therefore the LORD blessed the Sabbath day and consecrated it."

Many of us have blurred the lines of our lives between work and play, and worship, if we take time for worship at all. We have technology that we always keep on, so we can always keep in touch with everyone and be notified of everything. We have jobs that are never-ending. Our children and grandchildren don't even take the Sabbath off; there are soccer and baseball games, and much more.

What if we stopped letting the world's schedule take over ours? What if we made the Sabbath Day a priority? Try this on Sunday: go to a church. Bring the bulletin home and take it when you visit someone after lunch. Listen to the person, really listen, to discern how they are and what is going on in their lives. Then talk about what happened in worship, using the bulletin and the scripture for the day. Then pray with them. After this, go do an act of service for

someone in need. Then come home and reflect on the day. Just see what happens...