



Praying as families for those who neglect Sabbath rest and the honoring of God's holy day

Day 35

In our fast-paced world, many of us have overlooked the necessary rest for our lives and bodies. Scientists and doctors highlight that increased sugar levels, creatine, and various diseases, even at a young age, are linked to our stress levels and inadequate sleep. Reflecting on Genesis Chapter 2: 2,3, it states, "By the seventh day, God had finished the work he had been doing; so on the seventh day, he rested from his work. Then God blessed the seventh day and made it HOLY because on it he rested from all the work of creating that he had done." Thus, God not only rested from his work but also blessed and sanctified that day. This Holy day is part of His created order and should be integrated into our lives, allowing us a break from our routine to seek God and rest our minds in Him.

While Sundays are designated for rest and relaxation in most parts of the world, they have become the busiest days, with many engaging in various activities. Learning to say no to certain commitments, using discernment, and preserving essential rest for our body, mind, and soul is crucial.

The prophet Isaiah's complaint in Isaiah 58:13,14 revolves around the dishonoring of the Sabbath by pursuing personal pleasures. It emphasizes, "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight, and the Lord's holy day honorable, and if you honor it by not going your own way, and not doing as you please or speaking idle words, then you will find your joy in the Lord." Keeping the Sabbath day holy is one of the Ten Commandments. Thus, God's intention for Sabbath rest cannot be viewed as optional, but rather as a dedicated day in our week for God and His work.

It's crucial for us all to adhere to this self-protective plan of God, enhancing our productivity for the remainder of the week. This may include turning off mobile phones and dedicating the day to being in God's holy presence. Many neglect corporate worship or attend short church services as mere obligations. The intention, as



per Hebrews 10:25, is not just to fulfill a duty but to honor God by encouraging and uplifting one another in fellowship.

Church leaders and others engaged in ministry on Sundays should find another day for rest and fellowship, preventing burnout. The Sabbath rest also points to the rest we find in Jesus, who promises rest to the weary. For those fully committed to Him, this rest, provided through Christ, enables facing any situation with gladness. If we experience restlessness, it's essential to assess whether our actions align with God's plan or our own. Challenges may arise, but we should not forfeit the rest Jesus provides. Ultimately, as God's people, we anticipate hearing His welcome to eternal rest, saying, "Good and faithful servant, enter my rest." Let's pray for God to order our lives in a balanced way, ensuring we find rest in Him through His presence. May we prioritize seeking His Kingdom and righteousness to fulfill His plan and agenda.

LET US PRAY

Almighty God, who not only created us but also planned the rest through sabbath, enable us to recharge ourselves by giving our bodies and minds the needed rest. Guide us to avoid filling our weekends with unwanted and unholy activities that displease you, resembling the patterns of this world. May our strength come from resting in you and in your purposes. Grant us grace to remove what needs to be cleansed from our lives so that we may reflect, a well-ordered, holy life. In Jesus' name, we pray. Amen.

