

# Rest, Honor, Worship, Rejuvenate

By Art Fahy  
Special to The Answer

Exodus 20:8 – “Remember the Sabbath day by keeping it holy.”

How many times have you come home from work, plopped down in your easy chair, and let out a sigh? Then rush through dinner and run upstairs to do some more work.

Our world has gotten smaller. The tools we carry with us such as cell phones that send and receive emails, personal computers, and laptops keep us connected to the world. Do these tools simplify or complicate our life? We can work and connect with people any time, and anywhere.

How much do you do in a typical week? On Friday, do you remember what you achieved on Monday? Do you have the mindset if I can accomplish three things, then I can accomplish four? We all try to do one more thing. Do you measure your worth? Is it by how much you achieve?

The fourth commandment Exodus 20:8 tells us “Remember the Sabbath day by keeping it holy.”

Are you like the Israelites? God

had to teach them to slow down and he reminds us to do the same. As former slaves the Israelites were always working. They had someone telling them when to work, when to stop, when to eat, and when to sleep.

While the Israelites were in the desert, God provided manna for his people every morning. His instructions were to gather only what they needed for that day. On the sixth day, he advised them to gather enough for that day and the seventh. He did not want them to worry about food on that seventh day. He wanted them to rest, honor, and worship him that day.

Do you equate busyness with productivity? Have you ever sensed the more you go after something the more you may be out of control? It may be time to rest and spend time with God.

What keeps you from slowing down in life and spending time with God? Are you afraid you will lose something, miss something, or not measure up to some standard? Sometimes you have to say no to some things and spend time with God.

Don't give up a chance to be

with God because of distractions. We must trust God to provide for us in all situations just as he did for the Israelites.

It is for our benefit that we stop, take time, and rejuvenate. God sharpens us when we spend time

with him. We can refocus to perform God's work.

What are you going to do this Sabbath? Are you going to get away from a hectic world and spend time with God? Time to pray, worship, and honor him?

When we rest and worship God in our fast-paced world, we show how important he is to us. How important is God to you? Do you spend that one-day resting, worshipping God, and rejuvenating? He is waiting for you.

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