

Enjoy Gods Gifts

“Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Delight yourself in the LORD and he will give you the desires of your heart.” PSALM 37:3-4

In addition to accepting the spiritual refreshments of the Sabbath Rest, we need to give ourselves the freedom to enjoy God-given pleasures. We need to take the time to open our senses to the God given blessings of good food, good friends and good sunsets. Notice I did not say HD TV, video games, tweeting, texting, internet or facebook!

Rest and restful relationships cannot be forged with each other, God and the creation using electronic media as our primary source; rest takes energy, time, sacrifice and physical presence. Turn the stuff off when enjoying the God given times of blessings! Check it in the morning and at the end of the day, but don't violate your dinner, sunset, children, spouse and rest with electronic addictions.....

GOOD RELATIONSHIPS ARE A SACRED GIFT AND INCREASE OUR REST.....

We need to create time and space in our lives for whatever specific means God uses to refresh us. If our lives feel like constant drudgery, we are probably not listening to that whispering shout of the Holy Spirit that calls us to rest and refresh ourselves. Refreshing does not have to be expensive. Recently Kris and I were invited to dinner after Sabbath Services; there was good conversation, healthy food, strawberry rhubarb pie, ice cream and the blessing of a beautiful shade tree with the breeze blowing through it.

“So I recommend enjoyment – a person can do nothing better under the sun than eat, drink and enjoy himself; this is what should accompany him as he does his work for as long as God gives him to live under the sun.” Eccl 8:15 CJB

APPLICATION: Revitalizing does not have to be expensive! How does God refresh you? What God-given pleasures do you need to create time and space in your life to refresh? Time and space also means; *“And let us keep paying attention to one another, in order to spur each other on to love and good deeds, not neglecting our own congregational meetings, as some have made a practice of doing, but, rather, **encouraging** each other. And let us do this all the more as you see the Day Approaching.”* Heb 10:24-25 CJB



Blessings Pastor Bob Hill
