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REPAIRED & RESTORED ON THE SABBATH

“Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

“If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken.” Isa 58:12-14

One purpose for the biblical command to honor the Sabbath day is that we all need time to rest from responsibilities and to receive physical, emotional and spiritual refreshing. We need a weekly reminder that we are as accepted and loved by God when we sit quietly and restfully in his presence as we are when we are actively doing good for His sake.

We need a weekly reminder that He doesn't expect us to haul the cares of his world on our frail shoulders 24/7. We need to remember that our worship and faithful prayers are as great as physical works. We need physical rest, emotional rest and spiritual replenishment. This eliminates burn out and delight will return to us IF WE DO IT. God knows we can work six days and thrive, but no one can maintain seven busy complicated days without burning out! So work 6, rest 1 and you will be able to build up, restore and not burn out physically, emotionally and spiritually!

The Sabbath Command is the transitional command that bridges the gap between our *vertical* relationship (God) commandments 1-4 and our horizontal relationships (man) commandments 5-10. If you are not refreshed physically, emotionally and spiritually how can you be a repairer and restorer of the separation and splintering that happens during those blurring and fast moving six days!

PLAN & GUARD REST “*the mouth of the Lord has spoken*” do you believe it or not?

APPLICATION: *Has Sunday become your Sabbath rest before you go back to work and His Sabbath your project day? Do you keep the Sabbath? What do you consider as resting activities on the Sabbath? What does “If you turn away your foot” mean to you? What does doing your own pleasure mean to you? Do you play so hard on the week end that you need to go back to work to rest? What barriers keep you from obeying Gods command to give one day to him?*