

March 19, 2021

*Bear in mind that the Lord has given you the Sabbath; that is why on the 6<sup>th</sup> day He gives you bread for two days. Exodus 16:29*

It's Friday, so be prepared to receive a double portion of God's power, strength and blessing. It is the preparation day, the day before we worship God as the Creator of heaven, earth and humanity. *For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. Exodus 20:11.*

We are called to remember the Sabbath Day and keep it holy. It is a precious gift of rest for man, a day set aside so that our Creator can draw near to us. This is why the Bible says God will dwell among men (Leviticus 26:11) and we are called the temple of God (1 Corinthians 6:19).

As you go about your tasks today, take joy in the knowledge that God will be taking a special place in your home tomorrow where you can worship and acknowledge Him. What a privilege! What a joy! Don't let the number or extent of the tasks discourage you, because *In Him we live and move and have our being Acts 17:28.* Perform your duties today with rejoicing, as it states in Psalms 95:2: *Let us come before His presence with thanksgiving, let us shout joyfully to Him with psalms.*

Busyness may try to co-opt this power and use it for things that do not pertain to the Sabbath Rest, so let's keep our minds and hearts focused on Jesus and our saving relationship with Him. Because on the Sabbath, our strength is restored through the offered rest, and there will be renewed energy for the following week and all the busyness that is waiting. Our Creator knew that man would need rest, and so He built it into the very foundation of the world! The benefits of resting one day out of each week have long been known, that of having healthier bodies, less stress, deeper relationships and opportunity for reflection. This rest provides balance, increases productivity, and offers a reserve for life's emergencies.

But the most important gift the Sabbath Rest provides is the intimate walk with our Creator God. His Presence is cleansing, restorative, and transformative.

*The Sabbath was made for man, and not man for the Sabbath. Mark 2:27.*