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AT LAST Charting
Our Course
for Eternity
WITH MIKE TUCKER

Rest for the Journey



Review

Much of the technology that we use today was advertised as something that would save us time. Well, maybe it has saved us time, but instead of using that “saved time” to be with God, family, or friends, we’ve just tried to fit more things into every day. The result is that most of us go through life exhausted and hardly knowing God or those around us. This isn’t what God has in mind for our lives.

Digging Deeper

Matthew 11:28 *Come unto me, all you who labor and are heavy laden, and I will give you rest.*

Faith
for Today

What does God promise if we come to Him? I will give you rest.

God never intended for mankind to live with stress and constant exhaustion. From the time this world was created, and before Adam and Eve ever sinned, God planned for us to rest.

Genesis 2:2-3 *By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

After God finished creating, what did He do? He rested.

God created a day of rest, a day that was later referred to as a Sabbath. This day of rest was a weekly reminder that He is God, and we are not. It was a weekly reminder that God is our creator – and after sin entered the world, it became a weekly reminder to us that He is our re-creator.

It was so important to God that we experience this rest that He promised a special blessing to anyone who chose to participate in Sabbath rest and worship.

Isaiah 58:13-14 *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,*

and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.

If you honor the Sabbath, what does God promise you will find?

The joy of the Lord.

There are many things in this world that distract us from having a meaningful relationship with God and with each other. God was aware of this when created a time of rest, a regularly scheduled appointment where we could really experience the “joy of the Lord”.

Jesus was aware of this when He said to the people, “Come unto me, all you who labor and are heavy laden, and I will give you rest.” Jesus was talking to various people who had to labor hard just to survive. They were also “heavy laden” because of their Roman captors, and many were weighed down because of the burden of their religion. In fact, their “Sabbath rest” was obscured by so many rules and regulations that the very act of coming to God was anything but rest.

God’s great cathedral in time, the Sabbath, is not a legalistic requirement; it is a gift from God. The Sabbath is an opportunity to focus exclusively on God, family, friends, worship, and praise for an entire day. God promises that if we will rest in Him on the Sabbath, we will receive the things that really matter in life. The Sabbath will help us remember our Creator, Who has promised to recreate us.

During your journey to Heaven, why don’t you take a Sabbath rest by focusing on Jesus for twenty-four hours every week and see what a difference it makes in your life?