

Don't Forget to Rest!

Back to the Beginning, part 14
Genesis 2:1-3

The Six Days of Creation	
1: TIME, SPACE, MASS & LIGHT, Heaven & Earth; Light divided from darkness	4: LIGHT BEARERS: Sun, Moon & Stars
2: SEAS & HEAVEN: Firmament divides waters above & below	5: FISH & FOWL to fill the seas and air
3: EARTH & VEGETATION Dry Land appears; grass, plants, & fruit trees made	6: LAND ANIMALS, INSECTS & MAN created to fill the earth & eat the vegetation

- The first six days were processes of CREATION as all energy in the space, mass, time universe was made by God. His work week was culminated in the making of the family.
- The present processes of the universe are today, without any exception, processes of CONSERVATION of energy.
- The Hebrew word is SHABATH, and it means to cease from work. God made holy or separated the seventh day, he made it different and He elevated it above the other days, and rested.
- God Himself sits back and ENJOYS and DELIGHTS in the beauty of His Work. God rested to ENJOY His work and CELEBRATE its completion.

There are three ways we can fulfill the true meaning of this command:

1. SALVATION Rest (BY FAITH) in Jesus, Matthew 11:29,30

2. WORSHIP Rest to Jesus

- God wants us to JOIN Him in rest to worship Him and enjoy and celebrate in the works of His hand.

A. REFRESH YOUR BODY:

Exodus 31:17; And on the seventh day HE rested, and was refreshed.

B. REJOICE YOUR SPIRIT:

Psalm 122:1: I was glad when they said unto me, let us go into the house of the LORD.

Psalm 84:1 How amiable are thy tabernacles, O LORD of hosts! My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God.

C. REFOCUS YOUR THINKING, Psalm 73:17

3. HEAVENLY Rest with Jesus, Revelation 14:11-14