

Week 13

Prayer & Praise Week

Rest

“My soul finds rest in God alone; my hope comes from him” – Ps 62:5

“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.” – Ex 34:21

Every one wants rest but no one is willing to take it! The pace of our lives grows more and more demanding. We feel out of control. We invent technology to make things better and then we use technology to cram more entertainment, more information, more productivity and more communication into the same amount of time. What’s the rush? The fourth commandment God gave Moses says, “Observe the Sabbath day.” It was a day of rest, for everyone including servants, foreigners, and animals.

In Christ, we are guided by the Spirit and no longer subject to the Law but it is hard to imagine that the Law pointed Israel in a direction opposite of the Spirit. God commanded rest because he wanted us to rest. We could reason that God was offering us something that was nice to have or that rest is even physically necessary. It is. There is something beyond a suggestion contained in this command. There is something missing from our theology when we argue against a blessing that God offers us.

Perhaps the root of our insane addiction to activity is that we don’t trust God. We think that everything must be done and we are the ones to do it. Notice the verse at the top. Even during the harvest, God commanded rest. Imagine the sense of urgency when your entire year’s income and food supply stands in the field ready to harvest and God says, “Rest!” “But if I don’t harvest today the rain and wind might ruin the crop!” “Rest!” Perhaps our failure to rest is really a declaration of our sense of self-importance, our plans, our efforts, our accomplishments, our interests. It’s killing us.

This Week

- Choose a day or even part of a day and rest. Enjoy time with your wife, your family or by yourself. Allow your soul to find rest in God alone rather than your own productivity.

Week 13

Mar 28-Apr 3

Sun	<i>What specific action can you do this week related to your growth goals?</i>			28
Palm Sunday				
Mon	Num 5,6	Eph 2	Psa 61	29
Passover Begins				
Tue	Num 7	Eph 3	Psa 62	30
Wed	Num 8,9	Eph 4	Psa 63	31
Thr	Num 10	Eph 5	Psa 64	1
April Fool's Day Steve Shaffer				
Fri	Num 11,12	Eph 6	Psa 65	2
Good Friday				
Sat				3
Julie Suwana				