

Genesis 2:1-3

Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

It's FRIDAY, give a shout out for Friday, it's ok, because God created Friday's. Give another shout out, because He also created Saturday's and Sunday's too.

But did you know that when the children of Israel were in Egypt, they didn't know what a weekend was, or even what a day off was. That could be why they had trouble with the concept of the Sabbath Day, and of taking one day off from working. Yea, God had to tell them to take a day off, but still they tried to work on the Sabbath Day.

A good example was when God gave them Manna, and God told them to gather (work) six days for the Manna, but not to gather (work) it on the seventh day. But did they listen? Let's see:

† ***Exodus 16:26-27 Six days you shall gather it, but on the seventh day, which is the Sabbath, there will be none." Now it happened that some of the people went out on the seventh day to gather, but they found none.***

But us, we have two days off, and we complain if we have to work one of those two days. We say we are too tired to work on the weekends. Yet how many play so hard on the weekends that they are more tired then they would be if they went into work for one of those two days.

But speaking of tired, did you notice the reason why God did NOT take a day off? It says nothing about God being tired. But we associate the word rest meaning that we are tired. But the word says that:

† ***Isaiah 40:28 (MSG) Don't you know anything? Haven't you been listening? GOD doesn't come and go. God lasts. He's Creator of all you can see or imagine. He doesn't get tired out, doesn't pause to catch his breath. And he knows everything, inside and out.***

So why did God rest on the seventh day? Have you ever thought that it could be, because He wanted to stop and enjoy the work of His hands, which is His creation? Yet how much time do we spend enjoying the work of our hands, just stopping and relaxing and seeing all that the Lord has blessed us with?

But also think, how often do you take a day off enjoying our Creator, just as He took a day off to enjoy His creation.

† **Psalm 104:31 (MSG)** *The glory of GOD—let it last forever! Let GOD enjoy his creation!*

And so let us take a day once a week to enjoy our Creator.

† **Isaiah 58:13-14** *"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."*