Mark 2:27

And He said to them,* *"The Sabbath was made for man, and not man for the Sabbath."

I have read today's verse, many, many times, but today it seemed to come to life for me. Even though I read it, I guess I never really put it into perspective of what Jesus was saying here, which is that God knows that man's body and mind need to rest; Therefore, God established the Sabbath Day so that man would rest his body and mind. But did you realize that God had to instruct the children of Israel about the Sabbath Day of rest, because the Israelites worked seven days a week, without taking any time off?

For us, we have gone the opposite way, we work five days a week, forty hours a week, and take two days off instead of just one like Giod said to do. We have even gotten to the point where we want to work four days a week, ten hour days so we can have three days off; and should our employer have the guts to ask us to work more than that, we make sure we get paid extra for it.

But not the children of Israel, or even man in general during this time. Working every day was as normal for them, as us working five days a week, eight hours each day with no overtime pay. Also, they worked from sunup to sundown, which is way more than eight hours a day, and possibly up to twelve to fourteen hours a day.

But if you think about what Jesus said, "*The Sabbath was made for man, and not man for the Sabbath.*" Think of it this way. God did not make the Sabbath law, then create man to see if he could keep that law. No, God made man, then He created the Sabbath Day of rest for man's sake, not to punish man, but so man could rest and enjoy the fruit of his labor, which he was not doing.

But even if we go deeper with that thought; God did not create all the other laws that we read in the Old Testament, then afterwards He created man to see if man could keep them. No, God made man, then laws for man's protection.

Here is another way to help put it into perspective. We wonder, *"which came first, the chicken or the egg?"* (Spoiler alert, it was the chicken). But we never wonder, *"Which came first, the car or the speed limit?"* It's obvious, the car was created first, then the speed limit to protect people that are driving, as well as those who are walking down the street to not get hurt.

Yet, how many look down on God, thinking that He is a kill joy, because He created laws and rules for us to live by? Our kids don't always like our rules that we have for them. But we did not say to our spouse, *"Hey, let's make up a bunch of rules, then have kids to see if they can follow them, and if they don't, then we get to punish them. Ha-ha-ha."* (evil laugh here while wringing your hands, lol). No, we have kids and find that we need to give them rules for their own protection.

But God loves us, that's why we have laws and rules. They are not there to punish us or to see if we can keep them and live a sinless life, because ***"for all have sinned and fall short of the glory of God." Romans 3:23***

So, when you read the bible and read all these do's and don'ts, remember that God established them after He created man (Read Genesis chapter one), because God not only created man to have fellowship with Him (God), but also to enjoy that fellowship with Him. We also know when we do not do what God tells us to do, then we are miserable, because He told us not to do it because He knows it's bad for us, yet we do the wrong thing anyway. So instead of enjoying God, we spend more time complaining to God because of our disobedience to his rules, which are for our protection.

So, enjoy a day off once a week, and thank God for his provision of taking a day off so we can be refreshed in Him.

- ✠ **Isaiah 40:27 (MSG)** *Why would you ever complain, O Jacob, or, whine, Israel, saying, "GOD has lost track of me. He doesn't care what happens to me"?*

- ✠ **Psalm 25:4 (MSG)** *Show me how you work, GOD; School me in your ways.*

- ✠ **Proverbs 3:13** *Happy is the man who finds wisdom, And the man who gains understanding.*

- ✠ **Proverbs 28:14 (MSG)** *A tenderhearted person lives a blessed life; a hardhearted person lives a hard life.*