

God is the Author of rest: Honoring the Sabbath

Some of you may have never heard of the term “Sabbath” but we have all heard the word “rest”. According to the Merriam-Webster dictionary, **rest** means to “1.: cease from action or motion: 2.: refrain from labor or exertion. 3.: to be free from anxiety or disturbance. 4.: to sit or lie fixed or supported”.

Are you taking the necessary time to rest your body sufficiently? There are times when we can be so busy, that we don’t give our spirit, souls and bodies the much-needed break that it deserves or requires.

If left managed, long-term stress can cause chest pain, headaches, digestive issues, anxiety, depression, changes in sexual desire and inability to focus. It may not seem like a big deal to skip relaxation in your daily routine. However, there are several benefits to daily rest and relaxation:

- **Spirit**
 - Being able to commune with God without stress
 - Builds greater trust and dependence on God
- **Soul**
 - improved mood
 - reduced stress and anxiety
- **Body**
 - decreased blood pressure
 - improved immune health
 - stronger cardiovascular system

We make time for everything else, why should rest be any different? If you haven’t recognized already, I love sharing what the Bible (the very Word of God) says about things. This topic is no different.

¹ So the heavens and the earth were completed, and all their hosts (inhabitants). ² And by the seventh day God completed His work which He had done, and He rested (ceased) on the seventh day from all His work which He had done. ³ So God blessed the seventh day and sanctified it [as His own, that is, set it apart as holy from other days], because in it He rested from all His work which He had created and done. (Genesis 2:1-3, AMP)

God was giving us an example of rest. During the times of Exodus, the Israelites were not allowed to leave their homes, work or even cook on the Sabbath. They were instructed to gather enough the day prior, to have for the Sabbath, to sufficiently honor the day. We see this in Exodus 16:16-30 (AMP),

¹⁶ This is what the Lord has commanded: ‘Let every man gather as much of it as he needs. Take an [d]omer for each person, according to the number of people each of you has in his tent.’” ¹⁷ The Israelites did so, and some gathered much [of it] and some [only a] little. ¹⁸ When they measured it with an omer, he who had gathered a large amount had no excess, and he who had gathered little had no lack; every man gathered according to his need (family size). ¹⁹ Moses said, “Let none of it be left [overnight] until [the next] morning.” ²⁰ But they did not listen to Moses, and some left a supply of it until morning, and it bred worms and became foul *and* rotten; and Moses was angry with them. ²¹ So they gathered it every morning, each as much as he needed, because when the sun was hot it melted.

The Sabbath Observed

²² Now on the sixth day they gathered twice as much bread, two omers for each person; and all the leaders of the congregation came and told Moses. ²³ He said to them, “This is what the Lord has said: ‘Tomorrow is a solemn rest, a holy Sabbath to the Lord’; bake and boil what you will bake and boil [today], and all that remains left over put aside for yourselves to keep until morning.” ²⁴ They put it aside until morning, as Moses told them, and it did not become foul nor was it wormy. ²⁵ Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. ²⁶ Six days you shall gather it, but on the seventh day, the Sabbath, there will be none [in the field].” ²⁷ Now on the seventh day some of the people went out to gather, but they found none. ²⁸ Then the Lord said to Moses, “How long do you [people] refuse to keep My commandments and My instructions (laws)?” ²⁹ See, the Lord has given you the Sabbath; therefore He gives you the bread for two days on the sixth day. Let every man stay in his place; no man is to leave his place on the seventh day.” ³⁰ So the people rested on the seventh day.

I witnessed the Sabbath firsthand, when traveling to Israel in 2023, and a large portion of our group’s luggage was left in Athens, Greece. Being that we flew to Tel Aviv, Israel on a Friday morning, we didn’t receive our luggage until Sunday afternoon, because the entire airport was closed to honor Shabbat (Friday sundown-Saturday sundown). As we toured that weekend, although everyone who lived in the area did not honor the Sabbath (or Shabbat), as evidenced by a small number of cars being on the road and some social activity, the impact of those who did practice the

Sabbath, was evident. Even the hotel we stayed in only had one working elevator, so observant Jews, who avoid operating electricity, can travel without pressing buttons.

It was on that trip, where I one of the ladies in the group shared her personal experience with honoring the Sabbath and how it made such an impact in her life. Since then, God has impressed upon me the importance of the Sabbath rest. I'm one that can be laser focused when I'm working on a project that, at times, I won't come up for air until it's done. However, with that, it would take me much longer than I'd like, to recover because I did not give myself time to rest and reset, as I went along. At this point, I can sense when God is telling me to take a Sabbath rest. Even while writing my latest book, *Wellness Reimagined: A Beginner's Guide to Stewarding Our Spirit, Soul and Body*, God had me incorporate a Sabbath week, where readers can pause reading to rest, spend time with the Lord and be refreshed in His presence.

God wants to give us covenant rest because, in rest, He cares for us and tends to us. A covenant is an alliance, agreement, a pledge. God is a covenant keeping God. Psalm 89:34 says, "My covenant I will not violate, Nor will I alter the utterance of My lips."

As I was writing this, Holy Spirit highlighted those who are entrepreneurs. I believe as you honor God, with the sabbath, you will see supernatural increase because you trust God in this area. If our intent is to bring Him glory, you leaning on your own understanding (Proverbs 3:5-6), and believing that you **have** to work, even though God is saying "rest", you're not allowing Him to be God over your life or business.

⁸"For My thoughts are not your thoughts, nor are your ways My ways," declares the Lord. ⁹"For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts *higher* than your thoughts. (Isaiah 55:8-9, AMP)

⁵ Trust in *and* rely confidently on the Lord with all your heart and do not rely on your own insight *or* understanding. ⁶^[a]In all your ways know and acknowledge *and* recognize Him, and He will make your paths straight *and* smooth [removing obstacles that block your way]. (Proverbs 3:5-6, AMP)

We have to be careful to not be like those in Amos 8:5-6 (KJV), ⁵"Saying: "when will the New Moon be past, that we may sell grain? And the Sabbath, that we may trade wheat? Making the ephah small and the shekel large, falsifying the scales by deceit, ⁶ That we may buy the poor for silver, and the needy for a pair of sandals – even see the bad wheat?

Even though this passage speaks more to those who are being deceitful in their business practices, we can also take note to not be so eager to make money, that the observance of what is to be holy and honored is dismissed because of our need of want. If we say we trust God, we have to trust Him with it all, not a portion.

“Blessed (happy, fortunate) is the man who does this, And the son of man who takes hold of it, Who keeps the Sabbath without profaning it, And keeps his hand from doing any evil.” (Isaiah 56:2, AMP)

The New Testament speaks of the Sabbath as well. Mark 2:27-28 says,

²⁷ And he said unto them, the sabbath was made for man, and not man for the sabbath: ²⁸ Therefore the Son of man is Lord also of the sabbath.

I have a KJV study Bible and the bottom reference elaboration of this passage states that, “Jewish tradition had so multiplied the requirements and restrictions for keeping the sabbath that the burden had become intolerable. Jesus cut across these traditions and **emphasized the God-given purpose of the sabbath – a day intended for man (for spiritual mental and physical restoration; see Exodus 20:8-11)**

⁸ “Remember the Sabbath (seventh) day to keep it holy (set apart, dedicated to God). ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath [a day of rest dedicated] to the Lord your God; on that day you shall not do any work, you or your son, or your daughter, or your male servant, or your female servant, or your livestock or the temporary resident (foreigner) who stays within your [city] gates. ¹¹ For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested (ceased) on the seventh day. That is why the Lord blessed the Sabbath day and made it holy [that is, set it apart for His purposes]. (Exodus 20:8-11, AMP)

¹² And the Lord said to Moses, ¹³ “But as for you, say to the Israelites, ‘You shall most certainly observe My Sabbaths, for it is a sign between Me and you throughout your generations, so that you may know [without any doubt] *and* acknowledge that I am the Lord who sanctifies you *and* sets you apart [for Myself]. ¹⁴ Therefore, you shall keep the Sabbath, for it is holy to you.

Everyone who profanes it must be put to death; for whoever does work on the Sabbath, that person (soul) shall be cut off from among his people [excluding him from the atonement made for them]. ¹⁵ For six days work may be done, but the seventh is the Sabbath of complete rest, sacred to the Lord; whoever does work on

the Sabbath day must be put to death. ¹⁶ So the Israelites shall observe the Sabbath, to celebrate the Sabbath throughout their generations as a perpetual covenant.' ¹⁷ It is a sign between Me and the Israelites forever; for in six days the Lord made the heavens and the earth, and on the seventh day He ceased and was refreshed."

¹⁸ When He had finished speaking with him on Mount Sinai, He gave Moses the two tablets of the Testimony, tablets of stone, written with the finger of God.

(Exodus 31:12-18, AMP)

We know that God will not strike us dead, as was during the Old Testament, and this teaching is not to shame anyone or convince you to follow what I do. God ordained "rest" from the very beginning because He knew the benefits that it would bring us in our spirits, souls, bodies, families, neighborhoods and workplaces because, in my opinion, if everyone is being refreshed, there's a greater chance of peaceful dwellings and dealings.

It is simply to make the introduction and encourage you to seek God for yourself about it. Also, ask Holy Spirit what the sabbath looks like for you. This very message you're reading, regarding the Sabbath, was written on a day the Lord prompted me to take a Sabbath. I felt led to start studying the topic more closely and Holy Spirit highlighted these scriptures to me, to share with you.

One person regards one day as better [or more important] than another, while another regards every day [the same as any other]. Let everyone be fully convinced (assured, satisfied) in his own mind. (Romans 14:5, AMP)

Be Blessed!!