

"Thus the Heavens and the Earth were finished, and all the Host of Them. And on The Seventh Day God Ended His Work Which He Had Made; and He Rested On The Seventh Day from all His Work Which He Had Made. And God Blessed The Seventh Day, and Sanctified It: because that in It He Had Rested from all His Work Which God Created And Made." [Genesis 2:1-3 KJV](#)

When we think of rest, we think of sleep when in reality, it is a pause or a cessation. When a top stops spinning or a bird lights upon a limb we say it has come to rest. God wasn't tired, He simply stopped His work. Creation Was Perfect. God Rested to Enjoy His Creation, and to fellowship with man in it. We often look for praise for the things we do well and God seeks our praise. When He Does something, It Is Perfect, Complete, and Worthy of praise. *"Thou Art Worthy, O Lord, to receive Glory and Honour and Power: for Thou Hast Created all things, and for Thy Pleasure they Are And Were Created."* Man's work is not always praiseworthy, even though he may seek it. God Set the Seventh Day Apart as a day of praise and fellowship. We are to take time to meditate and contemplate God's wonderful work in our lives and the world around us. *"Remember the Sabbath Day, to keep it Holy. Six days shalt thou labour, and do all thy work: But the Seventh Day Is The Sabbath of the LORD*

thy God: in It thou shalt not do any work...For in six days the LORD Made Heaven and Earth, the sea, and all that in them is, and Rested The Seventh Day." We used to take Saturday and Sunday off every week. Saturday as day of rest from labor and Sunday as a celebration of our Lord's Resurrection on the *"first day of the week."* The "day off" of the secular realm has its origins in the Sabbath Day. Man is healthier and more productive if he rests every seventh day. Our seven-day week is a commemoration of the Days of Creation. The world does all sorts of exhaustive pleasure-seeking on their "day off." When the *"first day of the week,"* Sunday, rolls around they're totally worthless. They've played so hard their bodies are stressed and ill. The cycle continues week after week after week, until they finally collapse!

The whirlwind of work and stress,
Gives no relief from all the press,
The Seventh Day Was Set Apart,
To Give again a brand-new start. –CGP

We can never separate ourselves from evil if we do not go apart to pray and meditate on God's Word. Fellowship with the God is the umbilical cord of Faith. Satan has escalated evil in this world to a point that, not only must many work seven days a week, but both parents must work to make ends meet, leaving the children at the whim of a worldly environment. How many use TV or a godless day-care facility to baby-sit their kids? Small wonder society is so evil! Rest means to stop and think. The *"Day of Rest"* is the *"Selah"* of Life! On the Cross, Jesus Proclaimed to Eternity *"It is Finished!"* And He Rested.

"And when they looked, they saw that the stone was rolled away: for it was very great. And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted. And he saith unto them, 'Be not affrighted: Ye seek Jesus of Nazareth, Which was crucified: He Is Risen; He Is Not Here: behold The Place where they laid Him.'" [Mark 16:4-6 KJV](#)

