

26 June 2026

We tend to get too busy forgetting to rest for ourselves. We need this time to recharge our batteries, and the Bible even tells us to:

Exodus 20:9-11

New International Version

⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Now, don't get caught up with the number of days or the day.

Remember work is about 6 times more than rest but don't get caught up on the day. The Hebrews had a holy day on day seven. So, Friday evening to Saturday evening. Christians for the most part moved it to Sunday. Why? Reassertion day! So don't get caught up on the day if you work every Sunday then find a different day to rest and Give to the Lord.

Now. Often times people do not see these two things as sonorous rest and time with the Lord. We can do both. Remember meditation, we tend to not do this too much this day in age because the new age movement has taken this away, but you are sitting there, clearing your mind for the lord. Relaxing your body or resting your body awaiting for the words of the lord.

Tomorrow we will cover this resting more and how we can give it back to the Lord any day of the week.

Resting with the Lord,

Chaplain Tony