

8 Aug 2026

A day of rest is good. The human body needs it. God knew this from the beginning. It was quoted in Genesis:

2 Thus the heavens and the earth were completed in all their vast array.

² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

So, God stated set aside one day for rest. But he didn't need the rest but rather wanted to set an example. Let us know what we needed to do like our parents did for us when we were little children. Show us what was right and correct. Well God views us as children always. He puts this in the Bible for the example just like in the New Testament. Jesus stated in the New Testament he did this for our example:

John 12:29-33

New International Version

²⁹ The crowd that was there and heard it said it had thundered; others said an angel had spoken to him.

³⁰ Jesus said, "This voice was for your benefit, not mine. ³¹ Now is the time for judgment on this world; now the prince of this world will be driven out. ³² And I, when I am lifted up^[a] from the earth, will draw all people to myself." ³³ He said this to show the kind of death he was going to die.

We need to remember that each command, each time in the bible including this rest is for our benefit. God built all to show His glory to us. Just like the garden, he places man in charge of it all. So, enjoy this rest from God.

Matthew 11:28-30

New International Version

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

I am seeking this rest in Him,

Chaplain Tony