

Sabbath

The word Sabbath means to rest and resting is important, especially sleeping. It's like plugging in a phone that has a low battery. Sleeping is how our brains and bodies recharge. Guess the average, recommended hours of sleep a person your age should get?

If you're thinking anywhere from 9-11 hours then you are right!



In the beginning...

Work is a good and productive thing for us. It is one of the reasons God places the human in the garden of Eden, "to work it and keep it (Genesis 2:15). The first Sabbath observances takes place in the wilderness when there wasn't a lot. **Read Exodus 20:8-11.** Rest is so important that God made it one of his commandments! God wants us to also slow down and take a day for special rest to worship him every week. Now of course we are supposed to worship God every day by reading our Bibles and praying and doing kind things throughout the week. But this commandment tells us we are supposed to take one day out of every week and make it a special time for God. Jesus says that rest is found in him, specifically in following him and learning from him.

Enjoy the video...



Think about...

So what helps you trust and rest in God? Resting and doing nothing is hard for a lot of us because we think it is boring. So, we keep our days busy, busy, busy! But slowing down is important so we can learn to trust God to take care of us. He wants us to recharge our spiritual batteries so we will be ready to serve Him by serving others the rest of the week. Talk to your family about how to make the Sabbath a day of rest by spending extra time together, going to church, reading the Bible, or talking to God in prayer.