

“Six days you shall labour, but on the seventh day you shall rest; even during the ploughing season and harvest you must rest.”

(Exodus 34:21)

“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.” (Genesis 2:2-3) God did that to leave for us the clear example that he wants us to follow. In six days He created everything and on the seventh day he rested. God also wants us to do the same. Six days we work hard and do our best to finish the work and on the seventh day we rest from our work and focus on God who helped us to carry on the hard work and who will help us in the coming week.

God blessed the day of rest, the seventh day and made it holy. So it is part of holiness to observe the rest on the seventh day.

In it we rest from our usual work and give rest for ourselves and to our families and for those who are working with us. In it we also sit in God's presence and listen to his word and voice and receive a new and fresh direction from Him.

In it also we gather together with our brethren and worship the LORD and serve Him.

Six days you shall labour, but on the seventh day you shall rest: You have to work hard and do your best to finish the work that is assigned for you to do. Here the Sabbath rest emphasis the diligence in work in the rest of the sixth days of the week.

Even during the ploughing season and harvest you must rest: There is no excuse for you not to give yourself rest and to come to the LORD if you are busy. Even in ploughing and harvest times, these are the most busy seasons, still God wants from you to observe this day unto Him.

My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord forgive me that I am not giving rest for myself and for the people with me in the day that you assign for me to rest and to be in your presence. Lord gives me the wisdom and the understanding to obey your word and instruction because in them there are blessings in stored for me. This is my prayer in Jesus name Amen.



“Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.”

(Hebrews 4:1)

The Lord Is My Shepherd

Vol. 11 Issue 36



¹⁰for anyone who enters God's rest also rests from their works,^[e] just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.”

(Hebrews 4:10-11)

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