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THE REST OF GOD

God created the heavens and the earth and everything in it in six days. On the seventh day it says in Genesis 1:2, ***“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.”***

The word rest is in the Hebrew language “Shabath” or sabbath. It means to desist from exertion, to be still. It means to cease our labor and trust everything to God.

So often, we think that God is pleased if we just do more and more for him. We push ourselves to the point of exhaustion and many times burn out from just not taking time to stop and rest. Many times, in the business world people have the mistaken idea if they aren't at work then things won't get done, or they won't get done right. This puts pressure on people that God never intended them to be under.

If God, the creator of the universe, took time to rest, then He is the example to follow. He worked six days and rested the seventh. But it means more than rest from labor. It is trusting God. It means we take God at his word and trust him with his promises. It means when we pray, we expect to receive and let God work things out.

We are not to be like a child that frets when things don't happen as quickly as they want them to happen. We are to be like the child that climbs up into Papa's arms and goes to sleep knowing that Papa will take care of everything. We put our trust in Papa.

Unbelief causes us not to rest in God's promises. We must decide to go with God and his promises when everything looks the opposite. We go with God by faith and then settle ourselves into a place of resting in those promises. This is the rest of God promised for each of us. Don't waste your time trying to make things happen when God can handle your problems better than you. Rest in his promises and you will have the “rest” of God!