



LifeSpot ... God's rest

Finished

The climax of Creation week is a shock. It arrives not with a roar, but with silence. The silence begins when God stops his work. Creation is hushed. Something significant is in the air. One phase of things is ended, completed, executed, concluded, accomplished, filled up, and done! When all tasks are done, you can enjoy what you've worked for—*rest*. When our first parents sleep that night, they sink into the beauty of God's finished work. This is Earth's Sabbath—the first, the original. Since Creation, we've worn ourselves out, destroying paradise and trying to regain it. Will you now integrate silence and significance into your life? Will you step into the peace of God's finished *rest*?

Available

At Creation, daylight arrives on Day Seven. Adam and Eve can't wait to investigate the garden paradise. But a mysterious influence draws them to explore a more entrancing priority—the heart of Creator God. Can you imagine their feelings as they enter this heart, engage with this mind? Creation finished. God pleased and at rest. Earth at peace. Beings in intimacy. God *present* with his children in a sanctuary of time. This is God's gift of Sabbath—divine family time. It's when God's kids delightedly turn their attention from the things that are made to the Maker of things. In your life and the life of your family, could this genuine Sabbath—rest make the kind of difference you long for?

Enjoyable

On Creation's Day Seven, God announces he has "finished" his work. Millennia later, a word from the Cross comes with intentional echo—"It is finished." Genesis 2:2; John 19:30. With the death of God's Son, a second phase of God's work is ended, completed, executed, concluded, accomplished, filled up, and done! There's one thing left now—to sink into this finished work. "So there is still a Sabbath rest for God's people. God rested from his work. Those who enjoy God's rest also rest from their work. So let us make every effort to enjoy that rest." Hebrews 4:9–11 (NIRV). It's ironical—the main effort God wants from us is to rest in the work he's already done! Enjoy God's rest today.

Given

Sabbath—rest and marriage—two incredible gifts of Creation, twisted and compromised through human history. Can you imagine our world if human beings everywhere would stop for one day each week to sink into the peace of the Creator? Can you visualize the benefit for your life and health, for your marriage? For your family and community? One full day of rest, worship, intimacy, prayer, healing, service and joy. Read Isaiah 58 for a description of amazing God—rest blessings—and the price for neglect. If Sabbath was needed in the pure peace of Eden, how much more it's needed in the distraction and isolation of our modern lives. Don't wait for others! This gift is yours to accept.