

Sabbath

By Mark Day

What is Sabbath? Sabbath is peace. On the first six days God created the heavens and the Earth and all that is in them, but on the seventh day He rested. That day He appointed as Sabbath. You may know this as Saturday, but it's more than just a day of the week.

On this day we are suppose to do as He did and rest ourselves. To me this means, firstly, not going to a job I may have, which in my case would be school. I do not do any house work either. This might mean daily chores or a house project that needs to be done. This has brought peace into my life, so that on other days I can work on what needs to be done, but on Sabbath I can grow closer to the Lord. Lastly I do not cook or kindle a fire on Sabbath. This might include not using a stove or oven to cook, chopping vegetables, carving meat etc. Kindling a fire, to me, means not lighting or fueling a fire. This teaches me that no matter what I do God is in control, that He is the one that provides warmth and food. This teaches me humility.

Sabbath is more than just resting. On this day you are supposed to seek God and praise Him. This might mean reading your Bible, or worshiping Him in song or dance. Studying your Bible can be with friends or by yourself, as long as you are reading about Him. Singing and dancing to Him might be turning on a radio and worshiping Him, or playing your own songs. This has taught me that God created my voice, my eyes, and my body, so that I might use them to worship and learn about Him. When my mind is on the Lord I am thinking about Him and not anything else that might destroy my peace.

What has Sabbath done for me? It's made me a better person. I want to seek out God more, by reading His commandments. I've learned that Sabbath is a day God made for not only Him, but for us. By giving one day to Him in worship He also gives us one day in return in rest. I can now better understand the peace God has in store for us just because I give one day a week to Him.

For some people Sabbath can be a day where life just finally slows down. To some it's a day where they can get to know God that much more. To me it's a day I can fellowship with other believers, and find out new things with the people I know. Every week I learn something new because I listen to other people's ideas, beliefs, and opinions on just about anything you can find in the Bible.

There is a saying in Hebrew, "Shabbat shalom", which means Sabbath peace. Resting and worshiping the Lord has given me that peace. It's also allowed all the bad times in my life to disappear for the day, so that my mind can be set on Him. Because of all that He has done for us, He deserves it.

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