

A Day of Rest

Genesis 2: 1-4

The heavens and the earth were completed with everything that was in them. By the seventh day God finished the work that he had been doing, and he ceased on the seventh day all the work that he had been doing. God blessed the seventh day and made it holy because on it he ceased all the work that he had been doing in creation. This is the account of the heavens and the earth when they were created -- when the LORD God made the earth and heavens. (NET)

Think About It!

God does not need rest. God rested to show you and I to rest. We are so busy all the time. Going! Doing! Seeing! Wise people slow down and rest.

Take time to read your bible and talk to God. Doing this, you will have the strength you need for each day. *“Even youths get tired and weary; even strong young men clumsily stumble. But those who wait for the LORD’s help find renewed strength; they rise up as if they had eagles’ wings, they run without growing weary, they walk without getting tired.”* (Isaiah 40: 30, 31)

Do It!

Find a quiet place today and thank God for His love. Listen for His voice.

Stand On It!

Come to me, all you who are weary and burdened, and I will give you rest.
Matthew 11:28

Children Playing on the Beach



Mary Cassatt in 1884
Located at The National Gallery of Art, Washington DC

Make Your Mark!

Write: God gives rest.