

July 15, 2020

Rest in the Lord

Read **Psalm 37:7**. The command here is to rest in the Lord. The Hebrew word for rest means to stop, to cease, to be quiet, to be still, or to wait. The same Hebrew word is found in **Psalm 4:4** and is translated, be still. We live in a very fast-paced society where everyone is always busy. Long gone are the days when family and friends would gather in the parlor or on the front porch, just to sit and visit. Consider with me two applications of this verse.

First, there is the need to rest from our labor. In Genesis 1 and 2, we read the account of creation. In Genesis 2:2 it says, “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.” In so doing, God established the principle that one day out of the week is to be set aside for rest and worship. In the law God established the seventh day as the Sabbath. Take a moment to read the following verses, **Exodus 31:15**, **Exodus 35:2**, **Leviticus 23:3**, and **Leviticus 23:32**. These are just a few of the verses that deal with the Sabbath as a day of rest. In the old testament, the Sabbath was the seventh day of the week. Following the resurrection of Christ on the first day of the week, Sunday became the Lord’s Day, replacing the Saturday Sabbath, but the principle remained the same. For many years, our country followed this principle, which was generally enforced by what were known as the blue laws. Non-essential businesses were closed on the Lord’s day, allowing people to rest and worship. As believers, we would do well to practice this principle even though the world has cast it aside. In what ways do you honor or dishonor the Lord’s Day?

Second, there is the need to rest or wait upon the Lord. There is a great danger in running ahead of God. This principle is found in **Psalm 46:10**. This verse literally means to take your hands off. We discussed the matter of taking your hands off in last week’s meditation on committing it to the Lord. It is easy to become impatient and to take matters into our own hands, especially when it seems like the Lord isn’t doing anything to answer our prayers. God does not work according to man’s timetable. We must learn to be still, to rest in the Lord, to wait patiently for Him. In what areas of your life do you need to learn to exercise patience? Are you truly resting in the Lord and waiting for Him? Are you trusting God to work, or have you become impatient and taken matters into your own hands? Read the second the second half of **Psalm 37:9**. Good things come to those who wait upon the Lord.