

## **“Don’t Just Do Something! Stand There!”**

05-05-13

Whew! We made it! Here we are away from everything that causes us stress and anxiety! We’re here because we need some rest! Week after week we seem to follow the principle, *“Blessed are the busy!”* Unfortunately, that’s not really a Biblical principle!

You and I are surrounded with busyness and the stress of life each day! For many, we’re in constant contact with the world through our televisions, radios, internet, and even our smartphones! We can get information 24 hours a day and can be reached just as often! This not only makes work a punch-in punch-out situation, work almost becomes continual! No wonder we’re tired and worn out!

Open to Exodus 20. We find God on the top of Mt. Sinai giving Moses His Ten Commandments. We could spend ten weeks talking about them, but today, let’s just focus on Commandment 3.

Look at verses 8-11, *“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”*

Even back 1400 years before Christ’s birth, God’s people needed some direction. He had just delivered these people from slavery in Egypt and taken them across the Red Sea. Even though they complained about not having enough food and drink, God provided for them each and every day!

Now God wanted to teach them the Biblical principle on rest as He Himself had defined it. He, as Lord and Creator, had given them everything they needed each day including life to see it! He breathed into man’s nostrils the *‘Breath of life, and man became a living being!’*

What that shows us over 3,000 years after this Commandment was given, is that God believes in life and loves us with an everlasting love! He wants us to trust Him and take His hand and relax. He wants us to stop worrying about *“how”* and be content with *“Who”!*

God wants us to follow the example He set at creation. Jesus followed His Father’s example. When the stress became too great, He went away from the crowd to pray. The whole 3 years of ministry He took every Sabbath rest and went to the Temple to worship His Father. He even did this the very last week of His life before He died for you and me!

Just think, if the Lord of heaven and earth, Who spoke creation into existence with His words took a day to rest, don’t you think we could do the same!

To those of you who might say, *“I really don’t need a day of rest, I don’t have to stop, I can still work to get something done,”* whether you realize it or not, that’s really a position of not trusting God! You feel it’s important for you to be in control. There comes a time when your world needs to come to a screeching halt, and you need to take a day to rest your body and to refresh and restore your soul!

We open our service each Sunday with words from Psalm 121, *“I lift up my eyes to the hills. Where does my help come from? My help comes from the Lord Who made heaven and earth!”* Those words tell you why you’ve come! You’ve come to worship your God! You’ve come to get caught up in His majesty and power!

You’ve come to listen to His Word and hear of His love and grace for you shown in the death and resurrection of His Son, Jesus Christ! You’ve come to put the world aside and be filled with God’s presence! As you’ve come, Jesus fills you with His body and

blood given and shed for you for the forgiveness of sins as you come to the altar and receive. Because of Him, the blessings of life are yours for eternity!

I have a question for you. Is this day of rest the only time you do this? Is the praise and worship of God just something that fits into your schedule once a week for about an hour? What about the rest of the week?

You see, the world works hard at draining life out of you. You might begin each day with a lift in your step and a smile on your face, but projects, people, and problems can cause so much stress that by the end of the day you feel completely empty!

You need to come into your God's presence each and every day. You need to stop the world once in a while and realize His presence is at your side each step you take. The world around you is filled with the majesty of His creation. Take time to look at it! Each day is a gift of His great love for you! Worship of God needs to become a continual part of your everyday life!

Your God calls you and says, *"Come unto Me all you who labor and are heavy laden and I will give you rest!"* May your prayer each time you come to Him no matter where or when be, *"Lord, I'm here to be filled by You. I'm here to have You show Yourself to me and build me up. Fill me Lord, every time I pause and stop life and stand in Your presence! As I come and sing Your praise, come and fill this place!"*