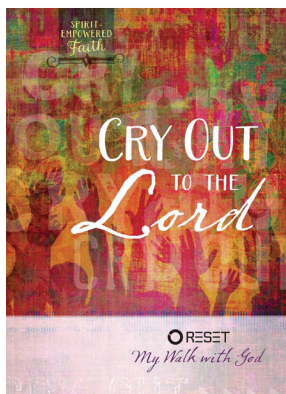




# Sabbath Rest

This article is from *Cry Out to the Lord*. It is an excerpt from the book, *A Sabbath Rest*, by **Dennis Gallaher**



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We have never been in a time like the one in which we now live. There has never been more wealth and more leisure, but there has also never been more depression, suicide, and self-destruction. Could the two be linked together in some unseen diabolical plan? Could it be that God's plan is for His saints to come to know such divine rest in the midst of the world's harsh realities? Could these realities reveal Him to the world through His saints? Perhaps God desires for us to exhibit such a restful spirit that others come to rest in Him as well. Whatever the case, we know that there is a rest for the people of God, and we are to do our best to enter into that rest (Hebrews 4:10–11).

## Because of His Grace

*"...God, who cannot lie, promised...so there remains a Sabbath rest for the people of God" (Titus 1:2; Hebrews 4:9 NIV).*

Are you tired of the struggle? Do you look around and suppose that the God who loves you has chosen to bless others with good gifts and you only with pain?

Fear not, you're in good company. Not one person who is cataloged by faith in the Bible had an easy life. Instead, we read about lives that were marked by struggle, loss, pain, and failure, yet their stories are punctuated with this exclamation, *"But God!"* The litany of these faithful men and women reads like a tragic tale of loss, until God intervenes and shows Himself strong, turning trials into triumphs.

God has promised you rest, and He cannot lie. Though you are bruised by the cold stones that catch your feet on what seems an endless trek, *God has promised rest and cannot lie.*





Though you lie down in tears and hear only the lies of the evil one telling you that life will never change, God has promised rest and cannot lie. Every step you take is closer to His glory, so keep your eyes focused ahead and remember, *God has promised and cannot lie!*

Whatever path you are on is the path today ordered by the Lord. Phillips Brooks said, *"Faith says not, 'I see that it is good for me, so God must have sent it,' but, 'God sent it, and so it must be good for me.'"*

There is a choice in rest. Do I choose to rest in God's ultimate plan and provision or strive to get beyond the Master's release? Choose well, friend. Choose to trust in God.



**W3. Yielding to the Scripture's protective cautions and transforming power to bring life change in me**

### **PRAY and Experience Scripture**

*What sorrow awaits those who argue with their Creator (Isaiah 45:9)?*

Consider some of the recent circumstances that God has sent your way. Are you making the choice to rest in them, or are you quarreling or arguing with God about them? The prophet Isaiah reminds us that quarreling with our Creator will only bring us sorrow. If quarreling with the Creator only brings sorrow, then how should we respond?

We can gain insight into this question by looking at how Jesus responded to the Father in the midst of His pain and suffering. Jesus' response was to yield. His commitment to yield was so strong that He described it as His very nourishment: *"My food," said Jesus, "is to do the will of Him who sent me and to finish His work"* (John 4:34, NIV).

One of the ways we can express our love to the Father is to yield to His will and to His ways for our life. Great love is expressed when we yield ourselves to the Creator of all things—even before we know His plan for us. One of the simplest ways to love God is to say, *"Yes, Lord, now what would You have me do?"*

Spend some time expressing your yielded heart to the Lord. Declare that the quarreling is over.

*Lord, I acknowledge Your work in my life, and I yield to it. Continue Your Spirit's work in me so that I would never again quarrel with You over what is best for my life. I trust that what You are doing is according to Your perfect plan for me. Help me to trust You when I doubt, Lord. Help me to trust You in the midst of the pain.*

