

# Faith Talk

*Trinity Canadian Reformed Church*

*Worshipping Sundays 9 am and 3 pm, 2553 Binbrook Rd E*

## **Sunday – Day of Rest?**

By JoAnne Ostermeier

Read: Exodus 20: 8-11, Hebrews 4

Eat, sleep, work ... 24/7, that's life right? Maybe in between there somewhere we find the time for a class on yoga, so we can learn how to "relax", or better yet go to the spa and be spoiled until we forget about life's stress. These methods of relaxation can be beneficial, but do they do as they claim: relax the soul?

The Lord God knows that we need to be refreshed. We need rest in a very physical sense-- time to recharge our batteries! God gave us the gift of the Sabbath (Sunday) as a sign between Him and us, a day in which we must rest from our labours (Exodus 31:12-17). Was it His intention that by having this "free" day we should have more time to do the work that we couldn't get done the other six days? In the Gospel according to Mark, chapter 2, our Lord Jesus gives us more direction when He says "man was not made for the Sabbath, but the Sabbath for man"! We definitely need that day of rest to relax and to celebrate not in ourselves but in the Lord.

The Lord invites us to church every Sunday so that we can be spiritually rested and refreshed on that day and for the week to come. Sunday is then also a day of remembrance. We recall that God is our creator and, after he created the world in six days, he rested on the seventh. It was also on a Sunday that Jesus Christ rose from the dead, thus ensuring our place in heaven with Him.

Thanks be to God for providing us all with a day in which we can rest in Him. We not only find peace and contentment but we can prepare ourselves for the "Eternal day of Rest" when our Lord and Saviour returns! Come Lord Jesus Maranatha!

*JoAnne Ostermeier is a member of Trinity Canadian Reformed Church.*

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