

Finding God's Rhythm

Description

[RG AUDIO 100520](#)

Exodus 20:8-11

Sometimes I find myself in patterns and rhythms of inexplicable busyness. My very being is caught up in all the “doing” of life. I can feel the extra pressure building in my chest and shoulders as I scurry from one activity to the next. I am constantly on the go.

Breathe. Slow down. Life is more than the flurry of tasks.

In these deep moments of traffic jams, impatient colleagues, long queues, I cannot help but return to the story of creation. There was nothing. Then there was everything. The earth was formed. God breathed His creation into life. And yet, even He, creator of all things, set aside time to rest. This time He spent resting was a model for us. He set it apart. He made it holy.

How are we honoring ourselves and each other with our Sabbath? How are we modeling our schedules to be in alignment with the example He set for us? Take time today to rest and intentionally make time for Sabbath.

Author: Kristen Bell

Date Created

2020/10/05