

Senior Adults,

Today is Sunday, January 25 th . I pray that all of you survived the winter of 2026 last night. Church has been cancelled and I am writing this article from my home office. This morning my daily bible reading was from Exodus 23:10-12, Laws concerning the Sabbath. God says to Moses on Mt. Sinai, “Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.” This past couple of weeks has been extremely busy for me personally, and it was refreshing to read the story of the Sabbath. Sabbath rest was so important to God that he codified it in the law given to Moses. Paul David Trip, in his Everyday Gospel Bible daily devotional, writes, “The institution of the Sabbath is not so much a duty to be obeyed but rather a provision from a God who made us and knows us. 1 ” I know myself well enough to know that I will work until I drop, it is how God made me. Have you ever been so busy that you eventually hit a wall? You lean back and say enough is enough. In the 90’s (I was in my early 40’s), I was working at my retail job. I had just been transferred to a new store; my wife and kids were still in our old location. I was working day and night to get things where I knew they needed to be to have a successful store. Late one night, I was building an elaborate excel spreadsheet, and it hit me. I face planted into the proverbial brick wall. I was killing myself and knew that I needed to let go and let God lead me in this effort, and He did. By instituting the Sabbath, God is recognizing our need for limits in our lives so that we might avoid the wall standing before us. We live in a 24/7, 365-day cycle. Social media gives us the allusion of constant connection, where we are less connected than ever. Our news cycle never stops. We work day after day thinking we must succeed every moment of every day. Tripp writes, “The Sabbath was given by God not just so that we would rest, but so that we would rest in him. Human independence and self-sufficiency is a delusion. It is never a pathway to life. It is rather a road to destruction and death. 2 ” My prayer for each of you today is that God will help you to understand that Sabbath rest is not optional. We should never be too busy for Sabbath rest. Tripp writes, “Sabbath is God’s gift to us. It welcomes us to step away from our labors and remember who we are and who he is, so that in submission and rest we may once again find life and strength in him. 3 ” Ultimately, Sabbath rest reminds us to seek rest in Christ Jesus, in whom we give all glory and honor. On this wintery Sunday morning, I pray that God will slow me down and so that I will follow His instructions to be still and know that I AM God.

See You Sunday,
David



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February Events



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