

## **You Need A Break!**

After completing His creation, God designated the seventh day as a day of rest. He rested from all His work but He didn't rest because of fatigue. "...The Lord is the ...Creator of the ends of the earth. He will not grow tired or weary...." God created the day of rest for humans.

Why did Adam and Eve need a day of rest? They had not sinned. Death and decay didn't exist. Cells in their body didn't waste away and create muscle fatigue. Their pure minds never produced emotional exhaustion through worry or anxiety. So, why did they need to rest?

Well, their Creator merely wanted them enjoying a break from routine!

It's different with you and me. We have sinned. We are susceptible to decay and anxiety. You don't have to do anything to need rest. Every moment your heart beats, your respiratory system labors and millions of microscopic cells perform myriads of energy consuming tasks. All of these biological activities use energy and create tiredness.

God was right. We humans need breaks from routine. Taking time off from responsibilities allows your body to catch up on physical and emotional rest. You return to life with renewed vigor and stamina.

Please follow God's wise counsel and make time for breaks. If you fail to do this, your emotions and body will break and become ill.

Many Christians think they have no time for rest and relaxation. Some overly conscientious Christians believe that recreation wastes time. Others simply say, "I'm too busy to enjoy rest."

You have no choice in the matter. God designed us for both work and rest. Remember, God invented breaks!

*Scriptures referred to: Genesis 2:2-3; Isaiah 40:28*