

## **"Rest"**

June 3, 2018

by Rebecca Enney

On Sunday evenings Pastor Ed's favorite thing in the world is to be in his stall with his wife, The SCS Teacher and his two children Larry and Loretta. The TV is off and so are their iPhones. "No Screen Time" is the rule.

Although the real rule is not "No Screen Time", it is "Rest On The Sabbath"!

"The Sabbath means Sunday, right?" said Larry.



And then their mommy explained that God instructed his people about how important rest really is. "You can't be busy ALL THE TIME. God said we should work just six days of the week and then have the seventh day as a day of rest, a Sabbath. Before the time when Jesus lived, the people of God always counted Saturday, the seventh day of the week, as their Sabbath. However, when the first Easter happened, when Jesus arose from the dead, it was on a Sunday, and that was so spectacularly amazing, when Jesus arose from the dead, that the first Christians decided to make Sunday their day of Sabbath."

"But Daddy" said Loretta. "You work hard on every Sunday. And I know you get very tired."

"Yes indeed I do get very tired. But, Sunday evening is the beginning of my Rest. Because I usually have Monday off from the office. So being with the three people I love most is just the right way to rest!"

Sometimes their mommy reads a book aloud to them because, of course, books are NOT screen time. Now she is reading a series of books called "Captain Underpants". This book is about George and Harold who are two fourth graders and how they sometimes get in big trouble with the school principal!

After mommy finished tonight's chapter, daddy tickled Larry and Loretta, who both whinnied in delight! They just kind of horsed around! Larry and Loretta think this IS the best time in the week.

And then, after everyone gets calmed down, they snuggle down in the straw. Daddy asked Larry

and Loretta about school and their friends and if they could remember any good dreams they have had lately, things like that.

You know, when you are all snuggled up with mommy or daddy, and they love you so much that they want to know all about your week, that is LOVE! And then falling asleep right there is just the best!

God knows it is so important to have time to rest and not be rushed and busy. And Larry and Loretta are learning that from their parents.

“Remember the Sabbath and keep it Holy,” said God.

THE END