

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (Genesis 2:2-3 NIV)

Have you ever experienced the satisfaction of a Sunday nap? There is nothing like it, in my opinion. Perhaps I'm assuming too much, that everyone rests on a Sunday, being the accepted day of rest here in America. I fully acknowledge that the original Sabbath Day was Saturday, according to the Jewish custom. I know many whose job requires them to work on a Sunday, so they have chosen another day like Monday, to be their day of rest. No matter what day you choose as your day to rest, it was ordained by God after creating the world. As always, God knows what he is doing.

I don't know if my Sunday naps are sweeter since I've become a Christian, but I believe they are. I know in my past life, I would stay up late on the weekends, to sleep in until noon, usually. What point is there to take a nap, when it will soon be time to go to bed again in preparation for another week at work? I'm pretty sure I didn't appreciate these days until after I started making church on Sunday morning my priority. That's why I believe Sunday naps have that magical feeling of satisfaction and true refreshment that God wants us to experience.

Again, I also want to consider that my day of rest is a part of a truly blessed life, in that God has always been faithful in providing my needs, and many of my wants. I don't say this to brag, but to acknowledge that I never want to take my days of rest, nor God's wonderful blessings, for granted. I share this in all humility, knowing that it's only by God's grace that I have the life that I do.

I am aware that I live in a country where our poorest populations are seen as quite wealthy when compared to other countries in the world. Ironically, the poorest of the poor might understand what I'm trying to say, better than most. So many who have nothing are able to find contentment and happiness much easier than those with unlimited sources of wealth. I'm simply wanting to share that we can find goodness in the simplest of things, like Sunday afternoon naps.

Still a work in progress myself, I am learning that as I continue to grow older, my peace is found in these simpler things. I usually don't even cook on Sunday's. The boys and I find something to eat on our own and do the things we enjoy. I'm not legalistic to the point of doing no work at all. School and work usually require some laundry on Sunday evening. But we do try to rest from the world outside. The boys like their video games, I might watch tv or read a book. There's nothing like curling up in my favorite chair with a blanket and my little dog, Lucky, always by my side. As I said, I never want to take these things for granted.

Whichever day you choose for your day of rest, I pray you will use your day to remember God's blessings and take the time to thank him. If you don't go to a church on Sunday, I highly recommend that you find one. Church, and my time with God has become a necessity in my life, like the air I breathe. I guarantee those Sunday naps will take on new meaning, and you will learn firsthand the refreshment I'm talking about. May God bless you today, and every day.

Blessings,

Lisa Jo

