

Jenaministries – Part 3 Prayers

2. A Prayer for Rest

Dear Lord,

Thank you for my life. I hope you are pleased with how I live. I strive to live for you. Please forgive me for the areas that do not please you and help me overcome my weaknesses.

One of my weaknesses I now come to you for is rest. I understand that physical rest is important for our physical health and to have a day holy to the Lord and rest in you is important to our spiritual health. I admit I know I do not get enough rest in either of those areas.

Even you rested on the seventh day (**Genesis 2:2-3**) after creating our beautiful world. Then you blessed the seventh day and made it holy.

The Israelites (or maybe I should say "you") made the sabbath day a law (**Exodus 31:15, Leviticus 23:3**), and the people were to be put to death if they got caught doing any work on the seventh day (the Sabbath). This was a very important day to the Jewish people. And they kept this Jewish law through the years until your birth. But maybe they took it a little too far.

You had to teach them (**Luke 6:6-10, John 5:16-23, Matthew 12:11**) that it is ok to do God's work on the Sabbath. If you see someone in need, it is ok to help them on the Sabbath day. And if there is an emergency, it is ok to take care of it on the Sabbath. If a sheep falls in a pit, it is ok to pull the sheep out. For my time, an example could be that it is ok to fix a flat tire on the sabbath.

Lord, please help me with my schedule. My days are packed with busyness from early morning to evening when I collapse into bed. I sometimes get one or two days a week off from work, but there is still so many things that need to get done. I just don't have time to take a day off to rest in you.

I'm not really sure what it means to have a whole day holy to the Lord and rest in you. Please teach me what that means for me. You say if we ask for wisdom, you will always give it to us (**James 1:5**), so I'm asking. Please give me wisdom of what it is to rest in you and how to fit one day a week in my schedule.

I'm so thankful for your word and for that wonderful Holy Spirit who guides and teaches us. I pray in that beautiful name Jesus, my Lord and savior. Amen.

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Genesis 2:2-3 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.

Exodus 31:15 For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the LORD. Whoever does any work on the Sabbath day is to be put to death.

Leviticus 23:3 “ ‘There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the LORD.

Luke 6:6-10 On another Sabbath he went into the synagogue and was teaching, and a man was there whose right hand was shriveled. The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath. But Jesus knew what they were thinking and said to the man with the shriveled hand, “Get up and stand in front of everyone.” So he got up and stood there. Then Jesus said to them, “I ask you, which is lawful on the Sabbath: to do good or to do evil, to save life or to destroy it?” He looked around at them all, and then said to the man, “Stretch out your hand.” He did so, and his hand was completely restored.

John 5:16-23 So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.” For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God. Jesus gave them this answer: “Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. Moreover, the Father judges no one, but has entrusted all judgment to the Son, that all may honor the Son just as they honor the Father. Whoever does not honor the Son does not honor the Father, who sent him.

Matthew 12:11 He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out?”

James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.