



January 25, 2019

Sabbath Oxygen

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their own work, just as God did.”

-- Hebrews 4:9-10

Some years ago, a research physician made an extensive study of the amount of oxygen a working person needs throughout the day. He was able to demonstrate that the average working person breathes thirty ounces of oxygen during a day’s work, but they use thirty-one. At the close of the day they are one ounce short, and their body is tired.

When they go to sleep, they breathe in more oxygen than they use to sleep. So, by the morning, they have regained five-sixths of the ounce they were short. By the seventh day, they are one whole ounce in debt and thus, should rest an entire day to replenish their body’s oxygen requirements. {The same research found it takes a 24 hour period of rest to replenish this missing ounce.}

Work six days & rest the seventh day. Sound familiar? The God who created us not only invites us to rest. God created our bodies in such a fashion that they demand rest. Most people think that “keeping the Sabbath” is solely an act of devotion to God. Yet the truth of it is keeping a day of Sabbath rest can provide true rest in every area of our life - spirit, soul and body. God is not only our daily strength. God is our source of rest, recreation and replenishment.

In Christ's grace,

Pastor Deb