

Serious Errors Modern Christians Believe

What is rest? Is it just a well-deserved and greatly desired nap on a Sunday afternoon? Is it that magnificent week that you spend at the beach every year? Is it the opportunity to put your feet up after a long day of shopping?

It might be those things—but it is actually much more than all of that combined!

God created our bodies for a six-day cycle of work followed by a day of restorative rest. He created animals for rest as well. Did you know that God even took a day of rest after He had created the world in which we live? If God needed to rest, I have a feeling that your body demands it and deserves it as well!

“On the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and made it holy, because on it He had rested from all His work which He had created and made