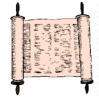




Y.E.A.



RESTORING THE SABBATH

I have an article from the *USA Weekend* newspaper supplement dated April 2-4, 1999 entitled "Remember the Sabbath?" written by Wayne Muller. I have intended to utilize this article as a foundation for focusing on Sabbath importance for several years now, since this weekly publication met my eyes and caught my attention. It seems that Harvard President Neil Rudenstine collapsed after years of non-stop toil in an atmosphere that rewarded frantic overwork. Even *Newsweek* magazine got into the fray by putting his picture on the cover with the headline banner "Exhausted!"

This, of course, got Mr. Muller to thinking on the importance of rest, especially the Sabbath rest. Hence, his article that appeared in *USA Weekend* as well as a book entitled *Sabbath: Remembering the Sacred Rhythm of Rest and Delight*.

Mr. Muller made several excellent points in his article that should be shared and focused upon in order to reveal the importance of restoring the Sabbath as our Creator Yahweh originally ordained. His first point is that "In the relentless busyness of modern life, we have lost the rhythm between action and rest." He stated that he has visited the wealthiest and poorest of homes and all decry the same thing, "I am so busy." As we get older, it seems that life speeds up. This causes people to feel weary, overwhelmed and lost. As endless activity continues to pile upon itself, the experience of life melts into one enormous obligation. While this fervent activity causes us to have a feeling of self-importance, it causes us to be unavailable to our friends, family, and unable to enjoy many of the more spectacular things in life such as a simple sunset or sunrise. To whiz through obligations without time to even take a breath has become the model of a successful life.

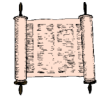
His second point is "Because we do not rest, we lose our way." He says that we miss the compass points that show us where to go. We lose the nourishment that gives us succor, the quiet that gives us wisdom. We become poisoned by the hypnotic belief that good things come only through tireless effort. Thus, we never truly rest. This puts our lives in danger. A frenzied rushing world saturated with work and responsibility actually leave us bereft of joy and delight.

A third point is "Much of modern life is specifically designed to seduce our attention away from Sabbath rest." The world seduces us with hundreds of TV channels via cable and satellite. Phones with multiple lines and call-waiting allowing us to speak with more than one person at a time. Computers, e-mail, fax machines, billboards, magazines, newspapers, radio, etc., all compete for our time, attention and energy. Buy me. Do me. Watch me. Try me. Drink Me. We are living in a modern world, which has been made into a horrific wonderland.

A fourth point is "Sabbath time is a revolutionary challenge to the violence of overwork, because it honors the necessary wisdom of dormancy." He utilized a surgeon as an example. Physicians are trained to work when they're exhausted, required to perform when they are sleep-deprived, hurried and overloaded. One man, a thoughtful physician admitted that the more exhausted he was, the more tests he would order for his patients. Because of his exhaustion, he could hear the patients describing the symptoms and could recognize their symptoms and formulate possible diagnoses, but simply wasn't able to fit it all together. However, he discovered that when he rested, he could rely on his intuition and experience to tell him what was needed.



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Of course, we have heard of the horror stories where mistakes were made on the operating table, or people were prescribed the wrong medicines. We don't hear it all because the medical profession wants to suppress any negatives related to them.

The author surmised, "If certain plant species do not lie dormant during the winter, the plant begins to die off. **Rest is not just a psychological convenience; it is a spiritual and biological necessity.** Perhaps this is why, in most spiritual traditions, 'Remember the Sabbath' is more than simply a lifestyle suggestion. It is a commandment, an ethical precept as serious as prohibitions against killing, stealing and lying."

Wow! What an observation!

A LIFE RESTORING RHYTHM

It is important to notice that the author mentions a "rhythm between action and rest" even inculcating the words "Sacred rhythm of rest" in the title of his book. This should be a key to help us to understand that our Creator Yahweh in making the earth as He did, instituted a rhythm of rest into the work of His hands. In Genesis chapter 1 and the first part of chapter 2 we find that He performed the acts of creation in six days, but rested on the seventh. Through the pouring out of the manna (bread from heaven) for the Israelite's sustenance in the wilderness (Ex. 16), Yahweh pointed out the true seven-day cycle to them. They were to gather the manna for six days. On the sixth day they would have twice as much as the previous five days. This double portion was for the sixth and seventh days so that the people could rest on the seventh.

Yahweh made the creation and man upon it. Our Creator knows how important the seven-day cycle is to His creation and especially for man. He wants us to work for six days and rest on the seventh, getting into a rhythm that will be most beneficial for us. Even though it is one of His commandments, He gave us that

commandment because He made us and knows what is best for us. The problem is that we, His creation, think that we know what is better for ourselves than our very own Maker.

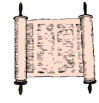
Here is an interesting excerpt from the book "Time and Space", pg. 80-81. "While daily and seasonal cycles have an obvious link to the sun, and monthly cycles appear connected to the moon, NOTHING, in nature is **clearly** responsible for a WEEKLY rhythm. Chronobiologists have discovered that seven-day cycles exist throughout nature, from bacteria and other simple forms of life to all species of mammals, including HUMAN BEINGS. For reasons that remain unclear, blood pressure, heartbeat, and body temperature have all been shown to have **weekly** as well as daily rhythms. The rise and fall of several body chemicals, including cortisol, the hormone that helps the body combat stress, also have weekly cycles. Most astonishing has been the discovery that the body's **immune system** seems to be vulnerable in seven-day intervals. Long before penicillin came into use, doctors were acutely aware that pneumonia and malaria patients were at greatest risk around the seventh day of their illness. Today, surgeons who perform organ transplants know that the immune systems of their patients are most likely to reject the new organs in seven-day cycles."

Some object to Sabbath observance because it appears to be something that is forced upon us and is legalistic. But for those of us who have dedicated our lives to our Creator and His instruction manual for us, it doesn't take long for us to begin to really appreciate the Sabbath and eagerly anticipate it at the end of every six-day work cycle. The Sabbath becomes a joy. It is a day for us to forget our worldly labors and leave them behind.

The Sabbath is established for peace and rest. While believers realize that their true peace and rest comes through the Messiah Yahshua, the fact of the matter is that we still live in this world physically, and our physical bodies need



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rest and relaxation. When we get into the rhythm that our Creator designed for us, both for physical and spiritual purposes, it has a life restoring effect.

THE COMPASS

Mr. Muller pointed out that when we don't rest on the Sabbath we lose our way by missing the compass points, which show us where to go. How true this statement is! The Sabbath cycle is a most wondrous guiding light. It truly is a compass directing us through the points of life. In the first place, the Sabbath is a memorial to creation and our Creator Yahweh. It should remind us that we are not here by accident ir- regardless of what the evolutionists want to make us believe. It should remind us of the greatness of our Creator and Elohim Yahweh. He speaks, He sends His word forth and things are created (Psa. 33:9).

When we forget to rest, especially in accordance with Yahweh's commanded rest, we become just as confused as the physician spoken of above. We forget about our Creator and the power that He possesses. We give ourselves over to those who are unbelievers and allow them to destroy faith by teaching us the fables of evolution.

Yahweh told His people Israel that the Sabbath was a sign between Him and them, that He was their Elohim Who sanctifies them (Ex. 31:13, Ez. 20:12). If we neglect His commanded Sabbath, then we become careless and confused. We forget that we are His creation. We forget that He has a wondrous plan and purpose, not only for the heavens and earth, but for us. We the miss the mark, fall by the wayside and flounder around in hopelessness and meaninglessness.

Yahweh gives us a point to aim at every seven days. That point also directs us to His marvelous plan for creation. If we observe His commanded seventh day Sabbath, then we are not only reminded that we have a wondrous Creator Who is powerful and intelligent far

beyond our understanding, but we are also reminded the point that He has aimed at. You see, a day to Yahweh is as a thousand years and a thousand years as a day (1 Pet. 3:8). Therefore, we understand that Yahweh has allowed six one thousand year days wherein man has been allowed to work his own works, but that seventh one thousand year period will belong to Yahweh and His kingdom and rest will be taking place on this earth. Those who refuse to observe Yahweh's commanded Sabbath day rest lose the compass of understanding and will be unprepared for His soon coming intervention.

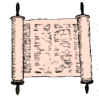
THE PLEA

The author makes a plea for renewed Sabbath-keeping. He states that, as a nation we can't live like this, endlessly rushing around in a desperate frenzy, never stopping to enjoy the blessings of family and friends, unable to taste the fruits of life. However, he resists a return to some forced, legalistic Sabbath such as the seventh day Sabbath commanded by Yahweh, as well as the Sunday rest originally imposed by Constantine and Christianity. Therefore, he encourages a revolutionary change in our selves to set aside just one day, or maybe an afternoon or just one hour wherein we might repose from our hectic schedules in order to be refreshed; in order to drink from the fountain of rest and delight.

The sad thing about the article that this man has written is that he begins proving a need for rest. He reveals that if we continue to push ourselves to the brink of exhaustion, we lose our efficiency. This has been known by business and enterprise for quite sometime. After so many hours and days of work without rest, efficiency suffers, quantity and quality suffers, safety suffers, etc. He went a long way in proving that there is a seven day cycle in practically all life forms, yet he fell short in encouraging a review of what our Creator established and commanded for our own benefit.



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He even made the statement, "Much of modern life is specifically designed to seduce our attention away from Sabbath rest." What a statement!

However, we can't be so short-sighted! We can realize that the Sabbath rest was given and commanded by a Creator Who cared for the works of His hands. A Creator Who knew what was, what is best for us. A Creator Who left instructions for us so that we could rest, be refreshed and not only drink from the fountain of rest and delight, but also from the fountain of salvation. You see, Yahweh gave us primarily Ten Commandments to live by. These commandments define what sin is. The Apostle Paul wrote, "What shall we say then? Is the law sin? Yahweh forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, 'Thou shalt not covet,'" Ro. 7:7.

The Apostle John wrote, "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law," 1 Jn. 3:4. Both Paul and John have defined sin for us in these verses.

How many ministers, how many churches teach against sin? How many give powerful sermons against sin, but never define exactly what sin is? How many of those ministers are

sermonizing against sin and are giving those sermons on the first day of the week and not on the commanded seventh day Sabbath?

The commandments forbid murder, theft, idolatry, adultery, deceit, fraud, etc. To break one point of the commandments is to break them all, "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all," Jas. 2:10. The seventh day Sabbath command is one of the Ten Commandments. Yahweh never changed it, man has!

Our plea is that you come to realize that the seventh day Sabbath command is just important as the other nine commandments. Our plea is that you come to realize that our desire should be to live a life without purposeful sin. Our plea is that you recognize your Creator and begin to inculcate His commanded seventh day Sabbath rest into your lives. Yes, the world does all that it can to thwart the commanded Sabbath, but you can take control of your own life with help from your Creator. Pull yourself away from the cares of the world for one day a week. Make it the day that your Creator set aside for you and for His creation in the beginning. Begin to drink from the true fountain of rest and delight!

By Jerry Healan

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