

Of course, most of us don't like the ideas of "commandments" or "obedience." But in this case especially, it's foolish. Imagine if a doctor told you to take a vacation, and then revealed that he had a vacation designed to meet your deepest needs. That's what the Sabbath is. Jesus himself said, "The Sabbath was made for man, not man for the Sabbath." That means that the Sabbath is not some arbitrary hoop for us to jump through—we have enough of those the other six days—but rather it is a rest tailored to meet our needs.

But why not Sunday, or Tuesday? Why Saturday? Remember that the creation story in Genesis told us that "God blessed the seventh day and made it holy?"

What does it mean to "make something holy?" When Moses stood before the burning bush, he stood on holy ground. What made it holy? The presence of God. God makes the Sabbath holy by being present on that day in some special way.

"Wait a minute," you may say. "Isn't God present on every day?" And of course,

that's true. But it is also true that God is present everywhere—but Moses didn't have to remove his shoes everywhere, only at the burning bush. Because, just like the Sabbath, God was present at the burning bush in some way that differs from the way He is present everywhere else. And those who set aside Saturday, the seventh day, to rest from their everyday pursuits and meet with their family and with God can attest that He truly can be experienced in a special way on that day.

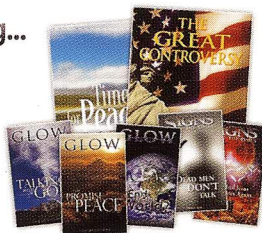
If you would like to explore the possibilities of the Sabbath, there are those who live nearby and would be glad to share it with you. You can find out more about this and other interesting and useful information online at www.glowonline.org.

*<http://www.opinionjournal.com/taste/?id=110010216>



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