

## ALTAPASS ALLEGORIES

by A Church Member

We recently celebrated Labor Day. A day set aside supposedly for rest from labor. Just how much we rested is a matter of personal opinion.

I am convinced by God's Word that He sanctioned rest for our body. We know He created our bodies and because He loves us, He knows our bodies need rest. If used in the way God intended a time of rest can renew our hearts and minds as well as our bodies. Remember, Jesus took His disciples aside for rest.

Too many times we use what was meant to be a day of rest for some other frenzied activity and miss the benefits of rest. And we cause our bodies, souls, and spirits to suffer.

Rest is mentioned in God's Word from Genesis to Revelation:

Genesis 2:2	God rested
Exodus 31:15	God commanded man to rest
Leviticus 25:4-5	God gave the land a rest
Deuteronomy 12:10	God promised rest from enemies

More important than rest for our bodies, we need rest for our souls. We can only attain rest for our souls from God's Word and the work of the Holy Spirit in our lives.

2 Chronicles 32:8	Tells us to rest on His arm
Jeremiah 6:16	Promises rest when we walk in His ways
Matthew 11:28	Invited us to come to Him for rest
Psalms 16:9	My heart is glad for I rest in hope
Psalms 37:7	Reminds us to rest in the Lord

The references mentioned are only a sample of many mentioned in scripture. As you read your Bible look for more promises of rest. As you do, you will surely find rest for your soul and body.