



## DAY 1



# IT IS FINISHED

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**And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**

**Genesis 2:2-3**

We translate the Hebrew word shabbat as rest, but it literally means to stop working. God didn't rest on the seventh day because he lacked the energy, but because he had finished his work. The Sabbath day is holy because it represents completion. Now completion is only as significant as its end purpose. We don't work hours on end to produce unusable widgets. So, holiness is not only tied to the work, but its purpose. In this case Jesus makes the Father's purpose abundantly clear:

This is eternal life, to know the one true God and the one whom He has sent, Jesus Christ. John 17:3

All of creation has this as its aim. Now the Gospel is a similar kind of work, a work of re-creation.

Our rest on the Sabbath, now, is a celebration and anticipation of the completed work of salvation Jesus secured for us in His death. This is why God's "rest" on the the seventh day, is echoed in Jesus' final words on the cross-

"It is finished."

Jesus's death secured for us the fulfilled promise of John 17:3 in the same way God's completed work of creation sought to accomplish, only to be mired by humanity's sin days later. This is why we are to be still, or take a day off. Stillness is rejoicing in the glorious re-creative work of the Father through Jesus. Stillness is knowing God.

Be still and know that I am God. Psalm 46:10

How often do you really rest?

When you stop working, or take a day off, are you still? What are some ways you can know God more in your stillness? In what ways can you celebrate his recreative work in salvation?

What are some ways that may be helpful in insuring that you are still more often, rather than finding other ways to be busy?

*Lord, help us be still, and in that stillness let us find a sense of holy completion. As you rested, let us rest. As you demonstrated a clear purpose for us to stop, may we not be anxious to lay aside the noise of life to find re-creative rest in you. Amen*

– DANNY PANTER –

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