

# SABBATH CHECK

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It was already sundown on that particular busy day, yet there were still many people waiting to be ministered by him. Certainly, it was physically exhausting for him, but it didn't hinder him from waking up very early in the morning. He went to a place where he could be alone, and there he communed with the Father. Jesus communed with the Father. This reminds us how important it is to be intentional in making time to commune with the Father – daily and unhurriedly during our Sabbath.

Sabbath is once again on the verge of being forgotten by many people. With the restrictions loosening up, and with our schedules slowly being filled with meetings, fellowships, hangouts, and errands, if not work – suddenly we have become so busy again. On top of these, as the prices of necessities have gone up because of the ongoing war in Ukraine, there's an even higher demand to look for other sources of income. The demand to work grows louder, and we are slowly becoming deaf to the cry of our soul – "I need more time with Him!"

As we get busier during our

transition to IATF Alert Level 1, my prayer is that we will not lose the healthy rhythm that God has blessed us with; that we would practice Sabbath consistently with certainty of four theological truths. First, God is in control. Whatever work we think we need to keep on doing, we have to trust that God is in charge of the results. What we have to do is do our best through the empowerment of the Holy Spirit, and rest in God. Second, God is our rest. At the end of day, as important as physical rest, we should also be intentional in making ways that we may experience God so closely. Sabbath is not Sabbath if we don't experience God closely. And when we experience Him closely, surely we will be refreshed. He is our rest. Third, God is wise in his timing. The reason we might not be ceasing from work is because we are waiting for certain things to come in our lives. But the reality is, no matter how much you think it's about to come, we are still uncertain of how long we'll have to wait. Therefore, trust that God is in control, and His timing is always the wisest. So, rest in Him. And lastly, God is best heard when we are silent (and this is unhurriedly done during our Sabbath).

When we do our daily devotions, we have to acknowledge that most often than not, we don't have the luxury of spending unhurried hours listening to God. For some people, they usually have it scheduled in their day by the minute. Not that it is bad, but again the problem is that in most cases, the hurry of daily work hinders us from listening to what God is saying. On the other hand, when we are intentional in doing our Sabbath and spending unhurried times with God, we get to have a clear vision of what God wants us to do, and the direction He wants us to take – just as Jesus did. He intentionally spent time with God, even amidst the demands of the people around him. He was certain of where the Father wanted him to go, and what the Father wanted him to do.

So, as we get busy transitioning to the new normal, may we choose to keep our Sabbaths sacred for the Lord so that we may pursue what God truly wants us to do, and walk the direction God truly wants us to take. Let's check our Sabbath! Let's keep our Sabbath! ✱