



“God rested.”

The Day of Rest – Genesis 2:1-3

Delbert’s eyes were closed as he counted aloud, “1...2...3...4...5! Ready or not, here I come.” Delbert opened his eyes and looked around the barn trying to find Lello’s hiding spot. First, he checked behind the door. No Lello. Then, he looked in one of the stalls. Still, no Lello.

“Oh Lello, where are you?” Delbert called. His ears perked up. He heard a noise. “Aha! I’ve found you.” But instead of finding Lello, Delbert found Pops packing his backpack in the back room of the barn.

“Haw! What are you doing Pops?” Delbert asked.

“Oh. I was thinking about going for a hike today. Would you like to join me?” Pops asked tying up his backpack.

“Haw! That’d be great, but first I have to find Lello. We’re playing hide and seek,” said Delbert.

“I’ll help you,” Pops suggested. Together the two searched the barn. Pops motioned Delbert over to the hay.

“Look, Lello is sleeping,” Pops whispered. Delbert peeked at his friend. Curled up in the hay, she was sound asleep. Pops and Delbert quietly left the barn and began their hike.

“Pops, why aren’t you working today?” Delbert asked, as they headed down toward the stream.

“Today is my day of rest,” Pops answered.

Delbert thought for a minute. “Then, why aren’t you sleeping like Lello?”

Pops smiled. "My day of rest isn't about sleeping. God gave us a day of rest as a time to stop worrying and working and as a time to focus on Him."

Delbert looked confused.

"Let's sit down and I'll read to you about the seventh day of creation. Maybe that will help you understand," Pops said, stopping by a large rock. The two friends sat down as Pops took his Bible out of the backpack and began to read:

Thus the heaven and the earth were completed in all their vast array. By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all his work. And God blessed the seventh day and made it holy, because on it He rested from all the work of creating He had done.

Delbert was quiet for a minute as he thought about God resting. "Haw. So, taking a day of rest isn't a time to be lazy and sleep, but to focus on God?"

"That's right!" Pops exclaimed, glad that Delbert understood. "On your day of rest you can spend time with your friends and family or you can spend time reading your Bible and singing songs to God."

"Or, we could go on a hike and look at God's creation," Delbert added.

"Exactly! Those are all examples of a holy day of rest," Pops said, as he stood up from the rock ready to continue their hike.

"What does holy mean?" Delbert asked, excited to continue their hike.

"Holy means perfect. To make a day holy means God gave it a special, godly purpose. So, our special day of rest is a time to focus on God and all He has made and done," Pop answered, turning toward the woods at the back of the farm.

Delbert smiled; he understood what Pops meant. So, the two friends spent the rest of the afternoon hiking through the woods and pointing out all of the amazing things God had created.