



Exodus 20:8-11

(8) "Remember the Sabbath day, to keep it holy. (9) Six days you shall labor and do all your work, (10) but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. (11) For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Genesis 2:2-3

(2) And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. (3) Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

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This generation has a particularly difficult time adjusting from a workday mode to a Sabbath-keeping mode for a number of reasons. One is that life is so fast paced, with so many ways and activities to give our time, our energies, our minds, and our attention to.

This can be seen in the parable of the Sower and Seed in Matthew 13, where the seed falls on stony places. With people whose minds are focused on too many things, the Word of [God](#) does not take very deep root. And so, as [Jesus](#) says, when [persecution](#) or trouble arises as a result of this way of life, then they very quickly turn aside. They have nothing really rooted very deeply in them. They have been giving their time, energy, and all of their talents to something else entirely.

Another thing that we can extract from this same parable is that we have never, in any generation of man, been so close to the creations of man and so distant from the

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creations of God. We are surrounded by concrete, steel, glass, plastic, rubber, and all of the things that man makes. And we are very rapidly losing touch with the things that God has made.

Our mind tends to focus automatically on what we are surrounded by. Today, we are not walking behind a mule, plowing the ground, and listening to the birds as we plow; or putting seeds in the ground, watching them come up, and eating the products of what God has made possible by His laws and by the fact that He continues to provide for His Creation. He sends the rain, and He brings forth the fruit. If we do not have contact with God's creation, we very quickly begin to have our minds surrounded by other things, and we are then cast adrift because of paying attention to those things.

In addition to that, we have been spiritually trained by this Protestant society not to regard a day as belonging to God, but rather to use time for our own pleasure as though it all belonged to us. And if we have been taught at all, we have been taught the wrong day.

It seems that we do not have enough time for God, even though we literally have just as much time as Peter, James, John, Philip, and all of the ancients besides them. How much time does a working mother have today for a good spiritual life after giving her time and energies to her employer and then returning home and doing her responsibilities there? How much time does a father holding two jobs, or working as much overtime as he can, or working plus going to school at night in order to get ahead (in order to afford all of the finer things of life) have for God? How much energy does this mother and father have at the end of the week?

All of us are pressured and victimized by this insane system that [Satan](#) has put together. But few of us have much excuse for not using [Sabbath](#) time in the way that God intended that it be used.

— John W. Ritenbaugh

To learn more, see:

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