

From the Manse: A Thought for the Week

Sunday 16th March 2025

Dear Friends,

From the very beginning of creation, God set a rhythm for life. In Genesis, we see the beauty of the world unfolding—light and darkness, land and sea, stars and sky, creatures great and small. Each day, God speaks, and life bursts into being. And at the end of each day, He pauses, looks at His creation, and declares that it is good.

Then comes the seventh day. A day unlike the others. Not a day of creating, but a day of stopping. A day of rest. A day of Sabbath.

God Himself, who neither grows weary nor weak, chose to rest. Not because He needed to, but because He wanted to show us something essential: work is good, but it is not everything. Rest is holy.

It was recently pointed out to me that rest was the very first thing humanity experienced. Adam and Eve were created on the sixth day, and on the seventh day, they rested. They had done nothing to earn it, nothing to deserve it—yet God welcomed them into a day of rest before they had even begun their work. What a powerful reminder that our worth is not defined by what we do, but by who we are: beloved children of God.

But how often do we rush through life, filling every moment with busyness, forgetting to pause, to breathe, to simply be? We measure our worth by what we produce, but God calls us to something deeper—Sabbath rest. Not just stopping work but delighting in His presence.

Sabbath is an invitation to slow down and see the goodness around us:

- The warmth of the sun
- The laughter of a child
- The stillness of the morning
- The peace of prayer
- The colours of a sunset
- The smell of spring rain

This week, I leave you (and myself!) with a few questions to ponder:

1. How often do we take time to truly rest?
2. How often do we set aside time to rest in God—not with work, computers, phones, or TVs—but just being in His presence?
3. Where do we see God’s goodness in our lives right now?
4. How can we make space for Sabbath this week and beyond?

These are not easy questions, but they are important ones. Therefore, this week may we really ponder and pray on them, taking time to pause, reflect, and seek the rest that only God can give.

Sabbath peace and blessings,

Rev Jade 