

In Mark Batterson's inspiring book, [\*Win the Day: 7 Daily Habits to Help You Stress Less and Accomplish More\*](#), he mentions the LA Dream Center, a Christ-centered ministry that helps thousands of people struggling with addiction, homelessness, and food insecurity. Batterson writes, "No matter what habits they're trying to break or what goals they're going after, Matthew [Barnett, co-founder of the Dream Center], asks them this question: Can you do it for a day? (xix, Batterson)." The genius of the question is that many of us set ourselves up for failure because the time-frames that we give ourselves to achieve a goal or break a habit are burdensome—we can't see ourselves being faithful for a year, a month, or even a week. Batterson writes, "the odds of success get greater as the time compartments get smaller. If you get it down to day-tight compartments, anything is possible (xix, Batterson)."

Think about it, God created the world in 7 days! God!!! Couldn't God have just created the world in 1 day, 1 hour, or one second? Of course!! So what's the deal with days!!!!?? The days are for us!!!! The days are for us to know how to structure our lives. The same is true of the concept of Sabbath, which God created on the 7th day. God doesn't need to rest!!! He doesn't get tired. God created the Sabbath on the 7th day because he knew that we would need a rest day! Rich Villodas beautifully illustrates this point in his book, [\*The Deeply Formed Life\*](#):

"Sabbath is a gift that precedes work and enables us to work. Just look at the first day of rest. God created the world in six days (see Genesis 1). On the sixth day, he created Adam and Eve. Their first day was the seventh day, which was the day God created rest. They began with a Sabbath, out of which they worked. As with God's grace, rest is never a reward; it's a gift (p. 33, Villodas)."

It is no wonder that so many of us struggle with rest; it is because we don't sufficiently understand, let alone appreciate the grace of God. Rest is a grace that we receive that allows us to work from a place of security and trust in God. We are not striving. We are not anxious. We are aware that the strength we have comes from God, and by prioritizing spending time with Him, as well as resting from labor, we tune our lives to the frequency of God instead of running around like our hair is on fire and the world is depending on us to do everything. Deciding to rest in God in both a spiritual and natural sense is a bold declaration that we are human, fragile creatures that must depend on God for direction. In a sense, we take back control of our time through the admittance that there will never be enough time to do all the things we want to do, but we can be present in all activities through our awareness of God's boundless existence in eternity as opposed to time.

