



Rest

Observe the Sabbath day and keep it holy, as the LORD your God commanded you. Six days you shall labour and do all your work. But the seventh day is a Sabbath to the LORD your God; you shall not do any work-- you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day (Deuteronomy 5.12–15)

1. A moment to

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2. Our

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3. A sign of

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'Wait for the LORD; be strong, let your heart take courage; Wait for the LORD'
(Psalm 27.14)

'Blessed be to God for the day of rest and religious occupation wherein earthly things
assume their true size. Ambition is stunted'

William Wilberforce's journal quoted in *Life of William Wilberforce Vol. III* (1838), p. 3.

Richard Baxter's prayer:

Keep us, O Lord,
while we tarry on this earth,
in a serious seeking after you,
and in an affectionate walking with you,
every day of our lives;
that when you come,
we may be found not hiding our talent,
nor serving the flesh,
nor yet asleep with our lamp unfurnished,
but waiting and longing for our Lord,
our glorious God for ever.