

The Rest of Your Life

The Bible Sabbath Association

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by Eugene Lincoln

Should you live to be 70 years old, you will have spent about 280 months of your life asleep, another 30 for vacations, and around 120 months on weekends. Think of it! Thirty-five years of your life will have been spent resting — or at least having the opportunity to rest.

Yet most folks are restless and rest-less. They have allowed themselves to be caught up in the frenzied day-to-day rush that makes up what most of us call life. Sometimes we feel that rest and relaxation are almost akin to sin. Weekends provide for an opportunity to catch up on work in the house and yard; vacations often leave us more worn out than if we had kept working; and night affords an opportunity to dream on how to solve the next day's problems.

But our Creator did not design us to live restless lives. We need to rest at regular intervals to preserve our physical, mental, and spiritual health. He Himself provided an example by resting after completing the most gigantic construction job ever undertaken, the creation of the world (Genesis 2:1,2). He named one day, the seventh day of the week, the

Sabbath. He offers this special day to all of us as a reminder of His unmatched creative power in the universe and of His re-creative power in our lives — power that leads us from sinful restlessness to godliness (Ezekiel 20:12).

The seventh day, God's Sabbath (Saturday), has a vital ingredient that no other day contains: God's blessing (Genesis 2:3). This blessing will overflow into the lives of those who remember that on this day we have a special appointment with our Creator and Redeemer. The experience of communing with Him will give us a calmness and peace of mind that will help us all during the following week.

If you live to be 70 years old, you can spend 10 years of your life enjoying a taste of Eden by drawing closer to God than you ever can during the hustle of workdays. If you have never experienced this tranquility of mind and spirit that comes from the One who has promised to give rest to the weary and heavy laden (Matthew 11:28,29), now is the time to begin. Resolve that, beginning next Sabbath, you will enjoy the divinely given Rest Day for the rest of your life!

For further information...

Additional copies of this booklet are available for 10¢ each, \$8.⁰⁰ per hundred. Please add \$1 to cover postage and handling.

The Bible Sabbath Association offers a wide variety of publications about the Sabbath; a partial list is given below. We invite you to write for a complete list with current prices. Sample copies of various tracts are available free if you send a self-addressed #10 envelope with postage for two ounces.

Books

God's Sabbath for Mankind by Richard A. Wiedenheft (42 pp.)

History of Sabbath & Sunday by John Kiesz (64 pp.)

The Sabbath in the New Testament

by Samuele Bacchiocchi (275 pp.)

Booklets & Tracts

Why the Seventh-day Sabbath? (12 pp.)

Roman Catholic and Protestant Confessions About Sunday
(12 pp.)

The Bible Sabbath: Seventh day or First Day? (6 pp.)

The Sabbath Sentinel — a monthly magazine with information by, for, and about the seventh-day Christian community. A free sample copy is available on request.

Directory of Sabbath-observing Groups — 231 pages of information about more than 180 different seventh-day groups.

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Established 1945

Dedicated to

- *sharing the truth of the Sabbath with a world that needs rest; and to*
- *promoting communication, understanding, and cooperation among seventh-day Christians.*