

August, 2011

Dear Families of Gilead Bible Church,



It is that time of year when families take off for well-deserved vacations. It is a blessing to rest from months and months of work, school, and yes, church work, that has worn us out. On the other hand, we also rest from our work at the end of the day or at the end of the week.

Our God himself ordained rest from the beginning of creation. The Bible records the following in Genesis 2:1-3, "Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

First, we rest when we have finished our work. God took six days to finish completing the heavens and the earth. It was indeed a marvelous work, especially when we know that, "the earth was formless and empty, darkness was over the surface of the deep." Then God rested on the seventh day. Remember, God did not have to rest because he was tired or weary. Our God is infinite in energy and power.

We also can rest when we have finished our work. I will rest after I finish the work on this article. In real life, there is no real end to work, rather we make a decision to rest after the completion of what we can or are able to do. We rest because God rested. As matter of fact, the word rest is the Hebrew verb *shabbath* meaning "to rest from labor." We rest because we are finite in energy and power.

Second, we rest on the seventh day. God rested on the seventh day from all his work. Further, God blessed the seventh day and made it holy. That means the seventh day is more than taking a break from physical work. It is a day that is meant to be a blessing because God set it apart for him so that his creation could refresh his spirit by spending time marveling at our Creator God and his creativity.

We must rest on the seventh day because God ordained it to be part of our lives. Our society has made the seventh day to be less than God intended, therefore, while people may gain physical rest, their spirit is never refreshed. We hope that you truly rest as God intended the seventh day so that both body and spirit will refreshed for the work that is ahead!

God Bless,

Pastor and Helen Moy

2011 年八月

親愛的基列主內弟兄姊妹,

我們都被多月來的工作，學校功課，甚至教會事工弄得疲憊不堪，現在該是全家渡假充電的時候。能夠享有假期真是一個祝福。此外，我們在每天工作完畢後或在周末也該休息。



我們的神在創世之初便親自命定要休息。聖經在創世記 2:1-3 有下列記載，“天地萬物都造齊了。到第七日，神造物的工已經完畢，就在第七日歇了祂一切的工，安息了。神賜福給第七日，定為聖日，因為在這日神歇了祂一切創造的工，就安息了。”

首先，當我們完成工作後我們便要安歇下來。我們都知道上帝創造天地之前“地是空虛混沌，淵面黑暗。”上帝花了六天時間便把這個宏偉的工程完成了，然後在第七日就安息了。請記住，上帝休息並不是因為祂勞累或疲憊。我們的神是有無限的能源和動力。

在現實生活中，工作是永遠做不完的，我們不可能完成所有工作後才休息。所以當我們做完某些工作後，我們要定意歇息一下。因此，當我寫完這篇文章後，我將會暫停下來歇一歇，因為上帝也會在工作後安息。事實上，安息這字源自希伯來文的動詞 *shabbath*，意思是“停止勞動。”我們要休息因為我們精神和體力是有限的。

第二，我們在第七天要休息。上帝在第七日歇下祂所有工作來休息。此外，神賜福給第七日，定為聖日。這意味著，第七日不只是單純的停止勞動。神祝福這一天因為祂要我們把這一日為祂放下一切，專心仰望祂這位造物主和祂的奇妙大工，讓我們的靈命有所復甦。

我們必須在第七天安歇，因為這是神命定我們生活的一部分。現今世代的人在第七天的安歇程度遠低於神的本來意願，因此，儘管人們可能身體上獲得休息，但他們的精神卻永遠得不到更新。我們衷心希望你能真正的實踐神對第七天安息的誠命，使身體和精神都得到刷新，養精蓄銳面對未來的工作。

願主祝福你們，

梅牧師及師母