

Even God Rested...

Video 1 of the website: www.ChristConversation.com

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1. Beginning Prayer

2. Introduction - A little about me

Thank you all for joining me today! Before we continue, I want to be honest and up front and make sure that everyone understands I'm processing the Bible for myself as an adult for the first time for myself. I grew up in the church and living in a Christian household so I learned the Bible by osmosis and Vacation Bible School and any number of Sunday School classes. I'll be honest though and tell you that I just accepted it as the background to my life, it wasn't anything I did passionately. I went to church, I sang the songs, I read the sermon outlines, I was even in a few church plays. I did all the things! All the things! Even when God saved me from going to jail and from a life of drugs and debauchery, I didn't 'feel' Him in my life the way I do now. It took several years of traumatic events of loss, moving to Tennessee, and dealing with ongoing health issues to feel so isolated and alone that I ran to God for real. I know that might sound like a cliché but it's the truth, and clichés tend to be that way because they are so commonly occurring. My story is no different. In my weakness I began seeking answers in the only place that has made sense in my life: God and His Word.

I figured it would be fun to archive this journey from the beginning, to share with anyone who would want to listen.

So let's get started, we're going to read Genesis chapter 1 together.

3. READ GENESIS CHAPTER 1

4. On the Seventh Day, God Rested - So there's a lot to unpack in our very first chapter of the very first book of the Bible. It's safe to say that Genesis and the process of creation has been often discussed by much smarter people than me. We could definitely have entire studies on just the first six days, and there are millions of books out there that focus on just that. I want to focus on the fact that God rested on the seventh day. I feel the power in that statement because our modern world focuses SO MUCH on work work work work. When I first meet someone, one of the first questions they ask me is "What do you do for a living?"

Success and work are so deeply ingrained in our Western culture that people are shamed if they DON'T have a job, a hobby, a side hustle, AND a social media presence. It's gotten out of hand. I think it's important that we all hear that even the God of all Creation rested on the Sabbath day. "Remember the Sabbath and keep it Holy" do you know that verse? Maybe not, it's in Exodus which is the second book of the Bible and we'll cover it later. The important part is that God rested, and we should too. We all need rest when it comes to our lives, because even flowers only bloom in spring. The main lesson of this first video is to let yourself rest, let yourself just be, let yourself accept relaxation as part of a healthy life. It's ordained by God that you hold a day for

rest so let's end this video with a prayer of rest.

“Dear Lord, show me how to rest in Your Presence. Show me how to let go of control, of my circumstance, of my life. Let me let go and let You, God, speak to me in my moments of rest. In Jesus' Name, Amen”

5. Conclusion -

Thank you for watching this first video, and my prayer is that there will be many more as we walk through the Bible together. Go rest, relax, and keep some time for yourself. My hope is that God will show up for you in those moments and Bless you.