

New Covenants with God

Exodus 20:8-10

*Remember the Sabbath day, to keep it holy.
Six days you shall labor, and do all your work,
¹⁰ but the seventh day is a Sabbath to the LORD your God.
On it you shall not do any work*

There was another secret to this transformation. It came from Scripture. God gave it to me as a promise when I rededicated my life to the Lord. It was this, *“Seek first the kingdom of God and His righteousness and all these things will be added unto you.”* I took that to heart. The Lord was to be first thing every morning, to spend time alone with him. Thus, I started a life-long discipline of daily personal devotions of Bible reading and prayer every morning.

Another discipline came at this time as well. I felt a strong conviction that I should dedicate every Sunday to the Lord. After all, it is called the “Sabbath Rest” and “The Lord’s Day.” So, I took God at His word from Isaiah 58:13-14,

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.

I took that to heart. I felt as if the Lord were saying this directly to me. I was to set apart the Lord’s Day to be His day, and not my own. How was I to do that?

First, I had the habit of procrastinating doing my homework assignments until Sunday afternoon, then I would rush and cram to get it all done, sometimes until late at night. The Lord said, “No more. I don’t want you to study on the Lord’s Day. Get it done by Saturday night”

With that deep conviction I began this new discipline of no school work on Sundays. If there was any one thing I did to change my grades it was this. All my homework, reading and written assignments were to be done by Saturday night so the Lord’s Day could be my Sabbath Rest. The result was my grades improved and my Sundays became a delight to the Lord.

The other delight was to find a friend at church who had a likeminded spirit. His name was Rex Jones. Because I had no homework to do on Sunday night Rex

and I would attend the evening service and often we would end up talking after the service then walking home as we fellowshiped together. Those years were delightful and I always looked forward to Sundays as a day of rest. This also afforded me the opportunity to participate in nursing home ministries, which I never had done before. This discipline gradually included no playing baseball or football on the Lord's Day. I am not implying by this that for others to do so is sin, it is not. But for me *"He that knows to do good and does it not, is sin."* (James 4:17)