

THE RHYTHM OF LIFE

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The Sabbath was made for man, and not man for the Sabbath. What did Jesus mean by this? He meant that it was a gift from God to men. You see, on earth everything has a rhythm. Our hearts beats in a rhythm that includes an action and a pause. The waves in the ocean also move in a particular rhythm alternating certain number of small waves with certain number of larger waves.

Well to be sure life also has a particular rhythm alternating between material and spiritual life. This is called the Sabbath which the Good Lord gave to men to remind them that there is more to life than what meets the eyes. Despite our temporary stay on earth we have the tendency to focus on our material life as if that is all there is. We run from day to day, frantically, forgetting the old adage; we have not brought anything into this world and we will not take anything out of this world. But between the time we come into this world and the time we leave this world, we have a tendency to struggle desperately for what we did not bring into this world and what we will surely not be able to take out when we go. It doesn't make much sense, does it? So, the Lord in his infinite love for humanity gave us the gift of the Sabbath, 24 hours for rest and reflection, 24 hours to experience heaven on earth. Think about it, in heaven we will not go shopping, or worry about making ends meet, or will have to entertain ourselves to forget our problems. If you try to imagine what kind of activities we will do in heaven, well this is what we should do on the Sabbath to have a glimpse of heaven on earth. This will remind us of who we really are: sons and daughters of God. And what we were created for: to reflect the image of Jesus. Wonderful God we serve that gave us from the beginning of creation, something so absolutely special; a gift, to help us never forget this truth ; that we were created in His image and created to reflect his

glory. When we grow accustomed to keep the Sabbath holy, and per adventure something happens that disturbs our Sabbath, we then can feel the importance of keeping the rhythm of life. Those who experience it, realize that without the Sabbath our lives become uncoordinated and the whole week seems out of place, until we regain the rhythm on the following Sabbath.

Happy Sabbath!!!