

HOW TO MAINTAIN SHALOM AFTER SHABBAT

Remember the Sabbath day, to keep it holy: You are to labor six days and do all your work, but the seventh day is a Sabbath to the Lord your God....(Ex. 20:8-10 HCSB).

So, the Bible says that we are to rest on the Lord's Sabbath. We are not to do any work. It is the Lord's Day. We are to honor Him, and He also blessed us with the rest. When we start the week, most of us dread the work week and a lot of us work in a negative or stressful environment and have no peace! Let me ask a question. Should we only have peace on the Sabbath? Let me ask another question. Do you only want peace just on the Sabbath? Let's hope not! So, here's the real question! How do we maintain that Sabbath peace throughout the week?



Let's think about where peace comes from. How do you get peace? Perhaps by sitting in a quiet room, going on a boat, reading a book, listening to a teacher, or going for a walk. There are many ways to have peace and relieve stress. When you have peace and shalom you can think straight, and everything seems right with the world ... almost. ;) Shalom, in my opinion, comes from the

Father. It is up to us whether we decide to keep that peace with us wherever we go, or just have it on the Sabbath. Because it is not God's fault if we don't have peace. However, it is often hard to keep that shalom. Psalm 119:11 says, *"I have treasured Your Word in my heart so that I may not sin against You."* It also says in verse 15: *"I will meditate on Your precepts and think about Your Ways. I will delight in Your statutes; I will not forget Your Word."* (HCSB) Friends, we are to keep Yah's Word inside of our hearts at all times! We are to meditate on His promises and think about His Ways! If we think about His Ways and keep them in our hearts, then He will give us peace. Also, one of the fruits of the Spirit is peace. We should carry all the fruits of the Spirit with us! Galatians 5:25: *"Since we live by the Spirit, we must also follow the Spirit."* (HCSB)

This is an easy bottom line. If we can keep Yah's Word in, alive, and through us; If we can keep our minds focused on the positive, and if we live by His Spirit, *then* He will give us peace! This is not, however easy to maintain! I can't tell you that God will always give you peace just to give you peace. That's silly. We must strive for it. Just like we have to strive for a healthy relationship in any capacity. If you want to maintain peace on a daily basis, you have to truly strive for it. If you don't, then you will be living a stressful life. Keep the Word living and active in your life! Share your faith, pray constantly, proclaim His promises, and worship! This will give you shalom.

Shalom,

Jim Staley