

# Day 7

## A REFLECTION ON NATURE'S DESIGN AND ITS DESIGNER

### The Sabbath was made for Man

God had our benefit in mind when he set the Sabbath aside as a day of rest. Recent research has found the inhabitants of 5 cities across the world that live longer and happier lives than the rest of the world. These cities include:

- Ikaria, Greece
- Loma Linda, California, USA
- Nicoya, Costa Rica
- Okinawa, Japan
- Sardinia, Italy



Though these cities are very different culturally, they have a few things in common that have been proven effective in keeping these people living longer, healthier lives.



One of those is a day of rest. Simply taking 24 hours off and putting aside work and household duties has a direct impact on your health! God knew this and gave us the Sabbath in order to make us happier and healthier!

### The Sabbath was made to remind us of creation

The word "Sabbath" comes from the Hebrew "Shabbat" which means "rest" or "cessation."

## שבת שלום

Shabbat directly recalls the Biblical Creation of 6 days as described in Genesis. It is a direct link to our creation and the One who created us!

## זכור את יום השבת לקדשו

### Genesis shows us how truly unique the Creator is



The Hebrew story of creation is much different than the creation stories found in other cultures.

In Greek Mythology the gods act much like petty, violent children constantly fighting with one another.

In Norse Mythology the creation occurs out of a war and from the dead body of a giant.

In Babylonian Mythology there is once again a violent battle and the world is created from a slain being.

How different is the Genesis story! God moves peacefully, with no fanfare and no battle around him. He simply speaks and our world and all its creatures are put into place. Unlike the other gods who are only concerned about their own interests, God creates with us in mind!



### The Creator is the ultimate Provider

The 6 days of creation described in Genesis show God to be the great Provider for His creations:

A source of energy is provided - Day 1

All needed materials put in place (soil, water, oxygen) - Days 2 and 3

Vegetation provides food, there is no shortage - Day 3

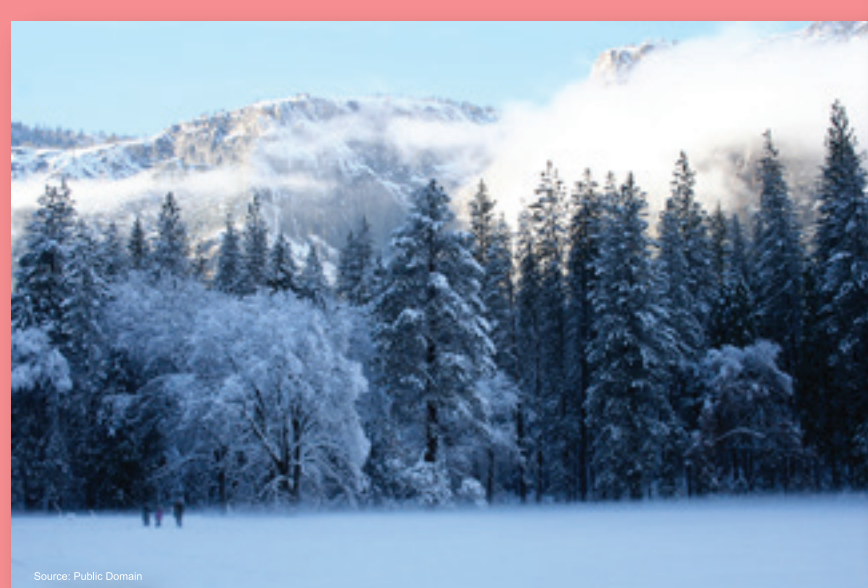
The Moon and Sun are given to light the Earth - Day 4

Diversity of life is created - Days 5 and 6

A manager is appointed to work with God in keeping the creation pure and healthy - Day 6

Peace reigns, there is no violence or death - Day 7

**And on top of all we need to survive, God created beauty to surround us and remind us of Him.**



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. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

-Genesis 2:1-3 (NIV)