

In law enforcement, rest often feels impossible. The radio never sleeps, the city never stops, requests for buy-back never cease, and then there's the allure of just one more off-duty shift. Yet into this relentless pace, God speaks a surprising command: "Remember the Sabbath day, to keep it holy" (Ex. 20:8).

Notice, God doesn't say "if you can" or "when things slow down." He says remember. Why? Because Sabbath isn't just about stopping work—it's about remembering who we are and who God is.

When Israel came out of Egypt, they were used to 24/7 labor. Slaves don't get days off. But God gave them something radical: freedom to rest. Sabbath was a reminder that their identity wasn't in their productivity, but in being God's beloved people.

That's good news for you, too. Your worth isn't defined by how many shifts you cover, how many calls you answer, or how much you sacrifice. You are not what you do. You are who God loves.

Even God, who never grows tired, "rested on the seventh day" (Ex. 20:11). He wove rest into creation itself, not because He needed it, but because we do. Rest is a declaration of trust—that the world won't fall apart if you stop for a day.

Jesus invites, "Come to me, all you who are weary and burdened, and I will give you rest" (Matt. 11:28). He finished the work on the cross so you can rest in Him.

Take time to stop. Remember. Delight. Rest. If God made time for Sabbath, so can you.

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