

In 1917, when communism took over Russia the newly created Soviet Union decided it would catch up and supersede the corrupt capitalistic west, i.e., the United States and Europe. Their strategy was deceptively simple. They would work an extra day each month. Since they no longer believed in God it was no longer necessary to have a day of rest. Therefore they could get rid of Sunday and the seven day week. They then could create a calendar for good Soviets that was a thirty day calendar with a ten day work week allowing for rest on the 10th day and work the other 9. They believed by adding this one day a month for work and multiplying it by the number of workers in the Soviet Union that in a few short years they would catch up and outpace the West in productivity. While the West and the rest of the world was resting every seventh day they would be working and only resting every tenth day. Ingenious! Did it work? No. Why not? You see even though they didn't believe in God there is something hardwired into the nature of man that requires he/she rest on the average every seventh day. Therefore, their people, production lines, and their system began to break down within just a couple of years forcing them to return to a seven day work week.

God knows what we need and rest is a part of that. If we don't rest we break down. Paul Tournier wrote in a little book several years ago called *Fatigue in Modern Society* these words, "The yield of our life does not depend so much on the number of things that we do, but more on the quality of self-giving that we put to each thing. In order to add this quality, we must depart from this atmosphere of the modern world which is completely obsessed with activism, even in the church; do, do, do always more. Let us rather, once again, become inspired and tranquil men." These words written by Tournier in 1969 are as true today if not more so. Resting in God lets us do His will. There may be much that does not need to be done and much that is not done if our focus is not resting on God as we rest in God.

A Better Way to Live Exodus 20:8-11