

In Step with Jesus 194

April 12, 2026

Key Text: “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy. (Exodus 20: 8-11)

Introduction

In Genesis chapter one, we learnt that God is powerful, orderly, and purposeful. He had a vision of what He wanted to do and why He wanted to do it (purpose) and He set out to do it in an orderly manner. Living life according to these key principles could make the difference between a life of excellence and a life of mediocrity or failure.

As we reflect deeper on Genesis chapter one, we can also learn that God had something to do for each day. When He finished each day’s work, He evaluated it, marked it as good and paused till the next day. God did not try to pack two days’ work in one day. He accomplished each day’s work and allowed the night to pass before He continued with the next day’s work. By doing this, He also set us an example to follow if we must have balance and good health in this life. When Jesus came, He expounded on this principle in His teaching on the mount. He told His disciples that there is enough trouble for each day and instructed them not to worry about tomorrow. What Jesus said to His disciples, He says to us today “... do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” (Mathew 6:34).

Today we will start reading Genesis chapter two. Genesis Chapter two sheds more light on the principles we have learnt in Genesis chapter one. However, our reflection today will focus on God as a loving Father. The last verses of Genesis chapter one sets the stage for Genesis chapter two, so we will start our reading from Genesis chapter one verse twenty four. We will stop at chapter two verse nine.

Genesis 1: 28 – 2:4

²⁸ And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” ²⁹ And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. ³⁰ And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. ³¹ And God

saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

2 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. 4 These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens.

Reflections

From our reading today we can see that God did not just make us to have dominion, which is rule over and take care of all creation; He also made us to be co-creators with Him. God's pronouncement on the first male and female immediately after creation is that they should be fruitful and multiply and fill the whole earth and then have dominion over the earth. In the order that God gave this pronouncement, fruitfulness comes before dominion. God got humanity involved in reproduction as co-creators with Him, so that we can share His joy and demonstrate His lovingkindness in our rulership or dominion. However, even before the first humans started their work, God created a healthy and enabling environment for them, provided all they need to eat, and invited them to rest with Him on the seventh day or Sabbath day.

Thus, in Genesis chapter one and two, we see a God who is not just powerful, orderly, and purposeful, but we also see God, who is a loving Father. He had the best interest of humanity in His heart even before He created anything. He prepared everything that the man and woman needed before He created them and he did not leave them to figure out what they should or should not be eating, He told them what constitutes the best diet for them. And because the man and woman were going to look after the animals, He also told them what the animals should eat. We can see that God's intention was for Human beings and animals to feed on plants and not on one another. Here we see God's sustainable development goal. He provided adequate supplies of the appropriate food for humans and animals. He provided good environment for humans and animals, and he gave them pleasurable work for six days and rest and relationship building on the seventh day (Sabbath).

The bible tells us that on the seventh day God made a full stop of all His work and rested. He also made that day holy. In Exodus twenty, He invites us to join Him to keep that day Holy. To devote that day to Him and reconnect with Him because He is the source of who we are and all we have. Let us rejoice in what God has done for us as we decide to join Him in keeping the Sabbath day holy.