

REST



**"And he said unto them,
Come ye yourselves apart
into a desert place,
and rest a while...."
Mark 6:31**

**When god created
the world and man,
He laid down the rules
for His great plan.**

**When man disobeyed
and suffered loss,
He found out quick
just who was the boss!**

**God sent Adam
to work in the field
So they could eat the
crop it would yield.**

**So Adam sweat
and worked in the heat.
He finished six days
pretty well beat!**

**So in His new plan
God made one day
For man to rest
and to his God pray.**

**But down through the years
man's sought to change
And God's great plan
to all re-arrange.**

**And now many men
are all burned out.
Their plan didn't work,
without a doubt!**

**If we'd learn from God
and heed His plan,
We'd take one day
and rest all we can.**

**To His beloved
He giveth rest,
That we may give back
to Him our best.**