



A Holy Day

Shrubs
September 2011

"Be still, for this is a Holy Day. Do not grieve."
Nehemiah 8:11

How do you find relief from spiritual mourning?

I woke up yesterday morning with my first thoughts on Jesus. All I heard from Him was, "**This is a HOLY DAY.**" So I committed to observe it as such.



Read Nehemiah 8.

This passage tells us that a Holy Day starts with **BEING STILL**. It involves **READING THE WORD OUT LOUD, PRAISING** the Lord and giving the Lord our **FULL ATTENTION** (see Isaiah 58:13), which is worship.

But look at verse 11 - this verse popped for me. . .

"This is a Holy Day. DO NOT GRIEVE."

I am a griever. I struggle daily with:

- ~ The widespread offenses to God's Word by His own people.
- ~ A deep sense of our national sins
- ~ The worldliness of the Church
- ~ The coolness of many towards the lost
- ~ Mostly my own sin
- ~ The danger we live under because of this list

But a HOLY DAY is a day to set the grief caused by these realities aside and not allow grief to be shown externally nor permit it access internally!

In verse 10, a HOLY DAY also included "choice food and sweet drinks" and according to Nehemiah 10:31 is was a day not to "buy or sell anything."

So here was a Holy Day:

- ~ I committed to **spend a Holy Day in the Lord**
- ~ I started **quietly in the Word** and with **praise & worship**
- ~ Anytime any thought that caused me grief would try to enter in, I would **deny it access**
- ~ For lunch I had **a nice meal** and a blueberry smoothie (Reminding me of how sweet God is!)
- ~ I had **NO interaction with the COMMERCIAL WORLD**. No buying, selling, browsing online or in stores. No personal banking or ministry business.

The result was a DAY FILLED WITH JOY!

I now understand Nehemiah 8:17 when it says, "Since the days of Joshua until that day, the Israelites had not celebrated like this. And their JOY was their strength!"

NOT MANY TODAY EQUATE HOLY WITH JOY. GOD DOES!

I challenge you to seek a Holy Day set apart for the Lord and see if a new joy and it's strength don't result!

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