

Genesis Chapter 1 Night and Day

Chapter 1 of the Book of Genesis establishes; Who created everything (God), how He created it (By speaking it into existence or forming it by hand) and how long it took Him to create it (6 days). Points that people have argued over forever. Many believe that the world was made by accident and it took millions and millions of years for life to emerge and evolve. Where as the Bible says that it only took 6 singular days. When given the choice between an ever shifting timeline presented by the patchy guess work of man, and believing God the choice is easy enough for me. Sadly, recently many so called Christians have begun to compromise with science. Claiming that the “days referred to in scripture were metaphorical not literal. They postulate that “days” mean ages, or sets of millions of years.

Much of understanding the Bible boils down to what to take literally and what to take metaphorically. While this can be very difficult to discern in the book of Revelation, mostly the Bible is clear when its being literal or metaphorical in it's language. For instance when Genesis says “evening and the morning were the first day” we can be sure that this is a literal day as a day is made of a daytime and a nighttime! I believe that God made the earth by speaking it into existence and I believe that He fashioned man by hand into His image. I believe that fully knowing that no one else can, knowing that we can't even fathom how that is possible. Since I believe in an impossible God, who can do impossible things, I should have no problem believing that He could do all of that in 6 sessions of nights and days.

I like how God initially designed the day. He put the night time first. Why do we have night? Its to promote rest. Before electric light very few people had the kind of work that could be done when the sun went down. We had no choice but to stop, rest and relax. I find it interesting that He put the night time first. Often God puts the preparation time before the work. Revealing to us how our lives should be ordered. First we gather the energy, then we do.

The necessity of sleep cannot be overstated. Sadly, many Christians are getting too little of it. We stay up far too late playing games, watching television or worrying. This natural dismissal of God's order is destroying our bodies and minds. Take some time to research the dangers of not getting enough sleep. It comes with some heavy medical side effects. Likely you will find many of the symptoms in your own life. You might even be attributing those symptoms to other issues when in all actuality you just need to shut your cell phone down and go to bed!

After the night came the day. A time to stand up, make your bed and get to work! While the bed is important in our preparation, it can be death to those who spend too much time in it. The day time is for labor. The sun is up and we should be too! I encourage you to set an alarm clock and make sure you are active in the morning. Pray, read your Bible, hit some exercise and get to your job or school. Retired? Get up anyway and find something to be about. Retired persons who sleep in late and do little don't tend to last long. Stay active early!

Conclusion: Take God literally. When He says that He made something in 6 sets of evenings and mornings and on the 7th He rested, you should believe Him. If we start doubting His ability in truthfulness in the 1st chapter of His book then what are we really doing? Next, we need to use the structure He has given us. Sleep well and sleep undisturbed where pain and parenting allow! Don't stay up late with games and screen time, instead get to bed at a respectable time and rise in the same. When morning comes, hit it with force. Using every bit of the daytime as a precious gift from God. Praising Him for the blessings of work and all that comes from it.