



Genesis 2:1-3 NIV

1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



Matthew 6:33 NIV

But seek first his kingdom and his righteousness, and all these things will be given to you as well.



I. God Demonstrated a Work Ethic



Genesis 2:1-2a NIV

1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing;

Previous Scripture: Matthew 6:33

Genesis 2:1-3



II. God Demonstrated How to Rest Genesis 2:2b NIV



so on the seventh day he rested from all his
work.



II. God Demonstrated How to Rest



Psalm 121:1-4 NIV

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- 1 I lift up my eyes to the mountains—
where does my help come from?
 - 2 My help comes from the LORD,
the Maker of heaven and earth.

 - 3 He will not let your foot slip—
he who watches over you will not slumber;
 - 4 indeed, he who watches over Israel
will neither slumber nor sleep.



II. God Demonstrated How to Rest



Philippians 4:8 NIV

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Previous Scripture: Psalm 121:1-4;

Genesis 2:2b; Genesis 2:1-2a



II. God Demonstrated How to Rest



Romans 12:2 NIV

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Previous Scripture: Philippians 4:8;

Psalms 121:1-4; Genesis 2:2b



II. God Demonstrated How to Rest



Isaiah 40:28 NIV

28 Do you not know?

Have you not heard?

The LORD is the everlasting God,

the Creator of the ends of the earth.

He will not grow tired or weary,

and his understanding no one can fathom.

Previous Scripture: Romans 12:2;

Philippians 4:8; Psalm 121:1-4



II. God Demonstrated How to Rest Psalm 46:1-3 KJV



- 1 God is our refuge and strength,
A very present help in trouble.
- 2 Therefore will not we fear, though the earth be removed,
And though the mountains be carried into the midst of the sea;
- 3 Though the waters thereof roar and be troubled,
Though the mountains shake with the swelling thereof. Selah.

Previous Scripture: Isaiah 40:28;

Romans 12:2; Philippians 4:8



II. God Demonstrated How to Rest Psalm 46:4-7 KJV



- 4 There is a river, the streams whereof shall make glad the city of God,
The holy place of the tabernacles of the most High.
- 5 God is in the midst of her; she shall not be moved:
God shall help her, and that right early.
- 6 The heathen raged, the kingdoms were moved:
He uttered his voice, the earth melted.
- 7 The LORD of hosts is with us;
The God of Jacob is our refuge. Selah.

Previous Scripture: Isaiah 40:28;

Romans 12:2; Philippians 4:8



II. God Demonstrated How to Rest Psalm 46:8-11 KJV



- 8 Come, behold the works of the LORD,
What desolations he hath made in the earth.
- 9 He maketh wars to cease unto the end of the earth;
He breaketh the bow, and cutteth the spear in sunder;
He burneth the chariot in the fire.
- 10 Be still, and know that I am God:
I will be exalted among the heathen, I will be exalted in the earth.
- 11 The LORD of hosts is with us;
The God of Jacob is our refuge. Selah.

Previous Scripture: Isaiah 40:28;

Romans 12:2; Philippians 4:8



III. God Demonstrated The Value of Rest Genesis 2:3 NIV



3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



III. God Demonstrated The Value of Rest



1 Corinthians 6:19-20 NIV

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.

Previous Scripture: 1 Corinthians 6:19-20;

Psalm 46; Isaiah 40:28



III. God Demonstrated

The Value of Rest

Exodus 16:23 NIV



He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD.

So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’ ”

Previous Scripture: Exodus 16:23;

1 Corinthians 6:19-20; Psalm 46



III. God Demonstrated

The Value of Rest

Exodus 20:8-10 NIV



8 “Remember the Sabbath day by keeping 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, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Previous Scripture: Exodus 16:23;

1 Corinthians 6:19-20; Psalm 46



III. God Demonstrated The Value of Rest Romans 6:14 NIV



For sin shall no longer be your master,
because you are not under the law, but under
grace.



III. God Demonstrated The Value of Rest Mark 2:27 NIV



Then he said to them, “The Sabbath was made for man, not man for the Sabbath.



III. God Demonstrated The Value of Rest



Matthew 11:28-30 NIV

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

Previous Scripture: Matthew 11:28-30;

Romans 6:14; Exodus 20:8-10