



REST

# Genesis 2:1-3

## The Gift of Rest

4 Principles Of Rest That Should Inform Our Lives

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# Rest Reflects The Character Of God

God's rest on the 7<sup>th</sup> day of creation wasn't about **EXHAUSTION**, it was about **COMPLETION**

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# Rest Reminds Us Of God's Provision

Exodus 16:21-30

*God can do MORE in six days of work and one day to honor Him than you can do in seven days of striving.*

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# Rest Restores What Life And Work Deplete

*“The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”*”

Mark 6:30-31

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# Rest Restores What Life And Work Deplete

*“This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”*

**Jeremiah 6:16**

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# Rest Points To Redemption In Christ

## What Christ Restored On The Cross

- *Relationship with the Father*
- *Sin is redeemed*
- *Work returns to being a blessing not a burden*
- *We HAVE God's blessing and favor...Don't strive to earn it*

*“Come unto me all who labor and are heavy laden, and I will GIVE you rest!”*

**Matt 11:28**

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# Today...

- Do others see you trusting God...or yourself
- Are you trusting God to provide what you need
- Have you learned to follow the rhythm of Creation
- Have you trusted Christ for TRUE eternal rest

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