

Key Scriptures:

Genesis 2:2-3	Exodus 20:8-11	Exodus 31:12-18
Psalms 23	Matthew 11:28-29	Isaiah 40:31
Isaiah 58:13-14	Hebrews 4:1-12	Ezekiel 47:1-12

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We spent a lot of time talking last week about work - specifically God's work and the dignity and meaning of the work we do for Him. We closed by talking about the balance of work - which means not becoming a workaholic, and equally important, finding time to rest. Today we explore the importance of rest, and what God hopes for us to achieve in our time of rest.

WHY REST IS IMPORTANT – IT IS:

1. A Time for _____

Exodus 31:17 NIV
It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed.’ ”

2. A Time for _____

Psalms 23:1-3 NIV
The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

3. A Time for _____

Isaiah 40:31 NIV
Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

4. A Time for _____

Psalm 46:10 NIV
“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”



5. A Time for _____

John 15:4-5 NIV
Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.