

## Sabbath Part 3 – Work and Rest (6-16-2019)

**Introduction:** Pencils in Toilets (the work never stops!)

- **Definition of Work: (See Genesis 1:1-4)**

**Work** – Moving from Chaos (evening) to Order (morning). Work is meeting the unknown & chaotic of the day and working creatively to bring it into usable, manageable, order.

- **It was always God's intention that we would work (we always have and always will)**

- God designed this world to be organized, ruled, and fruitful by the hands of people . . .

### Genesis 1:27-28 (ESV)

(27) So God created man in his own image, in the image of God he created him; male and female he created them. (28) And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

- God gave Adam specific instructions . . .

### Genesis 2:8, 15 (ESV)

(8) And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed . . . (15) The LORD God took the man and put him in the garden of Eden to work it and keep it.

- Rest & Work go hand-in-hand . . .

### Exodus 20:8-10a (ESV)

(8) Remember the Sabbath day, to keep 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.

- Work is not temporary, but eternal . . .

### Revelation 22:1-3 (NKJV)

(1) And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. (2) In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations. (3) And **there shall be no more curse**, but the throne of God and of the Lamb shall be in it, and **His servants shall serve Him**.

**Note:** God will remove the curse, but work will remain!

- **The work problem: Work became labor because of the fall.**

### **Genesis 3:17-19 (ESV)**

(17) And to Adam he said, "Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in pain you shall eat of it all the days of your life; (18) thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. (19) By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."

**Note:** We were always going to work, but it became labor because of The Fall. (Christina's laundry quote)

\*In our work, we are fighting against human nature, and nature itself as a result of the fall. How can we participate with God's redemptive plan even in our work?

Let's see [4 Perspectives](#) or approaches to our work that can help us participate with God's ultimate design:

#### **1) Work is about Providing**

### **Genesis 2:15 (ESV)**

The LORD God took the man and put him in the garden of Eden to **work it** and keep it.

### **2 Thessalonians 3:6-12 (ESV)**

(6) Now we command you, brothers, in the name of our Lord Jesus Christ, that you keep away from any brother who is walking in idleness and not in accord with the tradition that you received from us. (7) For you yourselves know how you ought to imitate us, because we were not idle when we were with you, (8) nor did **we eat anyone's bread without paying for it, but with toil and labor we worked night and day**, that we might not be a burden to any of you. (9) It was not because we do not have that right, but to give you in ourselves an example to imitate. (10) For even when we were with you, we would give you this command: **If anyone is not willing to work, let him not eat.** (11) For we hear that some among you walk in idleness, not busy at work, but busybodies. (12) Now such persons we command and encourage in the Lord Jesus Christ to **do their work quietly and to earn their own living.**

**Note: Work in order to provide.**

- Work is not just about being fulfilled or following your passion – you can't eat passion!
- Work put food on the table and a roof over your head.
- I'm not saying we shouldn't pursue our passions, but that is over-rated and not the norm.
- Providing for yourself and those you love & are called to care for, is itself of inherent purpose & value!

**\*If your work doesn't fulfill you, at least it can fill you!**

## 2) Work is Caring for our Domain (Maintaining & Tending that which has been entrusted to us)

### Genesis 2:15 (ESV)

The LORD God took the man and put him in the garden of Eden to work it and keep it.

**Note:** Adam wasn't just called to work the garden, but to keep it (or tend to it).

- Things don't stay great; they break down and wear out.
- My kids seem to want to eat like everyday - even 3 times a day!

### Proverbs 18:9 (ESV)

Whoever is slack in his work is a brother to him who destroys.

**Note:** If we neglect what needs to be cared for, we may as well be tearing it down!

The Proverbs 31 Woman is a great picture of this (Proverbs 31:10-31). Here is an example . . .

### Proverbs 31:27 (ESV)

She looks well to the ways of her household and does not eat the bread of idleness.

**Note:** Caring for what you have is work, not just the job you do to provide. Guys (and gals) – The work doesn't end because we clocked out – show up after “work” ready to care for & tend to your household.

Our home is a place of rest, but that's not all it is. It requires tending – our physical home & the people in it!

**\*Come home to work, then rest. If you come home to rest, you are setting yourself up for disappointment!**

## 3) Work so you can Enjoy (This is about having time for People & Fun)

Some of us already have those 1<sup>st</sup> 2 points down, but we don't allow ourselves to reflect on the purpose of work, and the gift God has given us . . .

### Ecclesiastes 2:22-25 (ESV)

(22) What has a man from all the toil and striving of heart with which he toils beneath the sun? (23) For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity. (24) There is nothing better for a person than that he should eat and drink and find enjoyment in his toil. This also, I saw, is from the hand of God, (25) for apart from him who can eat or who can have enjoyment?

**Note:** Those who can't stop working, and even when its time to rest they can't – are working in vain!

- We are meant to eat, drink, & play – we can work hard & then enjoy the fruit of that labor
- This is from God. In fact, we can't enjoy this apart from Him. The writer continues this reflection into the next chapter . . .

**Ecclesiastes 3:9-14 (ESV)**

(9) What gain has the worker from his toil? (10) I have seen the business that God has given to the children of man to be busy with. (11) He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. (12) I perceived that there is nothing better for them than to be joyful and to do good as long as they live; (13) also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man. (14) I perceived that whatever God does endures forever; nothing can be added to it, nor anything taken from it. God has done it, so that people fear before him.

**Note:** When we grasp that there are things that God does that we can't do, it creates the space for joy & rest!

- Much of what we work for fades, but if the purpose is to provide, tend, & enjoy others; then it has value.
- The stuff we accumulate is of little eternal value, but the people we are working for make it worthwhile.

**Shawshank Redemption** – beers on the roof after a hard days work.

**\*Why do you work? Who is it for? Now stop every so often (Sabbath) and enjoy it with them!**

#### 4) Work with Purpose for something that has Meaning

**We were made to live with purpose** – for lack of vision (purpose) the people perish!

We aren't just robots who exist to provide & maintain. And work isn't just to occasionally have fun on the weekends or vacation. We are designed to do something of inherent meaning & value – we need a purpose!

- It's important to ask the question: What fulfills you? You can discover that through some reflection:
  - Spiritual Gifts          Natural Talents          Acquired Skills          Passions

**Ultimately this is how we find purpose . . .**

**Matthew 6:19-21 (ESV)**

(19) "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, (20) but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. (21) For where your treasure is, there your heart will be also.

**Note:** The most satisfying work is joining God in His work, so let's give & serve – doing all in love!

**Pastor Steve:** "Have your heart in heaven & your hands in the harvest"

You can find meaning by working with purpose. Maybe it will also help you "provide," but don't make that the end all be all. Create space to create!

**Conclusion:** Work to Provide, Tend, Enjoy, and find Meaning. This is how God designed us, and it leads to Rest.

**For reflection:** You may not be finding Rest, because 1 or more of these is missing or out of place.