



Work and Rest

In a world that celebrates hustle and leaves many exhausted, God offers a better way. In this three-part series, *Work & Rest*, we'll discover God's design for meaningful work, healthy rest, and a life centered on Christ. From creation to the teachings of Jesus and the apostles, Scripture reveals that work is a gift, rest is an act of trust, and both are essential to our spiritual well-being. Join us as we learn how to honor God in our labor, avoid burnout, and find true rest for our souls.

Work & Rest – Part 1

Created for Both

Big Idea:

God designed us to flourish through a rhythm of meaningful work and sacred rest.

Primary Texts:

Genesis 2:1–3; Genesis 2:15; Exodus 20:8–11; Deuteronomy 5:12–15

I. God Modeled the Rhythm of Work and Rest

Scripture:

- Genesis 1:1–31
- Genesis 2:2–3

God Worked

- Creation reveals God's purposeful activity.
- Work reflects God's character.
- God brings order from chaos.

God Rested

- God's rest celebrated completed work.
- Rest demonstrates satisfaction and completion.

God Sanctified Rest

- God declared the seventh day holy.
- Rest is part of God's design from creation.

Key Statement:

Rest is not weakness—it is worship.

II. Work Is a Gift, Not a Curse

Scripture:

- Genesis 2:15
- Genesis 1:28
- Genesis 3:17–19
- Matthew 10:9–10
- Colossians 3:23–24

Work Existed Before the Fall

- Work was part of God's perfect creation.
- Humanity was created with purpose.

The Curse Changed Work

- Sin made work difficult.
- The curse affected work, not its value.

Work Can Be Worship

- Our work honors God.
- We serve Christ through faithful labor.

Key Statement:

Work is one of God's gifts, not our enemy.

III. Rest Is an Expression of Trust

Scripture:

- Exodus 20:8–11
- Deuteronomy 5:12–15

Sabbath Remembers Creation

- God rested, so we rest.
- Rest acknowledges God as Creator.

Sabbath Remembers Redemption

- Israel was no longer enslaved.
- Rest celebrates God's deliverance.

Rest Demonstrates Trust

- God is our Provider.
- Rest requires faith.

Key Statement:

The inability to rest often reveals the inability to trust.

IV. God Built Seasons of Rest Into Life

Scripture:

- Leviticus 23
- 1 Corinthians 5:7
- Galatians 3:13

God's Calendar Included Rest

- **Passover**
- **Feast of Unleavened Bread**
- **Feast of Weeks (Pentecost)**
- **Feast of Trumpets**
- **Day of Atonement**

God's Purpose for Rest

- **Reflect**
- **Worship**
- **Repent**
- **Celebrate**

Key Statement:

Schedule rest, or your body will schedule it for you.

Conclusion: The Rest Found in Christ

Jesus Modeled Healthy Rhythms

- **He rested.**
- **He withdrew to pray.**
- **He invited His disciples to rest.**

True Rest Is Found in Christ

- **Jesus fulfills the Sabbath.**
 - **Peace with God is our deepest rest.**
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This Week's Challenge

- **Am I working as God designed?**
- **Am I resting as God commanded?**
- **Am I trusting God enough to do both?**

Sermon Bottom Line

God created us to work with purpose, rest with trust, and live in the peace that only Christ can give.