

**Genesis- Rest**  
**Sermon Notes**  
**Pastor Aaron Martell**

What do your gauges read?

What fuel are you filling your life with?

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**Genesis 2:2-3-** <sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> 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.

**Biblical View of Rest**

Hebrew word for rest-

1.

Where else in creation do we see blessing?

Definition of holy-

2.

3.

“God gives us the gift of Sabbath (rest) - not just as a day, but as an orientation, a way of seeing and knowing. Sabbath keeping is a form of mending.”  
Rest of God by Mark Buchanan

**Matthew 11:28-30-** <sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.”

“God, out of the bounty of his own nature, held this day apart and stepped fully into it, then turned and said, “come, all you who are weary and heavy burdened. Come and I will give you rest. Come, join me here.”  
Rest of God by Mark Buchanan

Rest is \_\_\_\_\_ God’s \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_our Creator-King.  
We do this by \_\_\_\_\_ with a new \_\_\_\_\_ of \_\_\_\_\_.

**Hebrews 4:9-11-** <sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God’s rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

**Application**

**Psalm 26**  
**Romans 12:1-2**  
**Colossians 2:16-17**  
**Colossians 3:10**