

R E S T

Thus the heavens and the earth were finished, and all the host of them. And **on the seventh day** God finished his work that he had done, and he **rested on the seventh day** from all his work that he had done. So God blessed the **seventh day** and made it holy, because on it God **rested** from all his work that he had done in creation.

Genesis 2:2-3

Thus the heavens and the earth were **finished**, and all the host of them. And on the seventh day God **finished** his **work that he had done**, and he rested on the seventh day from all his **work that he had done**. So God blessed the seventh day and made it holy, because on it God rested from all his **work that he had done** in creation.

Genesis 2:2-3

True rest is a person not a set of
practices.

Just as God rested from His work of creation because it was finished, we rest in our salvation because in Jesus it is finished.

"Without regularly experiencing this kind of rest...it matters little how much we rest our bodies. Our rest will be restless, and our work will become a desperate attempt to secure for ourselves the rest that we have not found in Christ. Neither the sluggard (who works for the weekend) nor the workaholic (who has no weekend) has yet learned to enjoy the rest of the true Sabbath"

- Scott Hubbard

When we take breaks from the regular rhythms of our weeks and days to acknowledge God's sovereignty, we are practicing for an eternity of rest.