

A background image featuring a sailboat on a green sea under a yellow sky. The text is overlaid on this scene.

WELCOME

WE'RE GLAD

YOU'RE HERE

GENESIS

the beginning

[#squareone](#)

TODAY'S SCRIPTURES

GENESIS 2:1-9 (pg.2)

Isaiah 40 (pg. 395)

John 20 (pg. 599)

“A Pattern of Rest”

GENESIS 2:1-9

How much sleep SHOULD you get?

Newborns (0-3 months): 14-17 hours each day

Infants (4-11 months): 12-15 hours

Toddlers (1-2 years): 11-14 hours

Preschoolers (3-5): 10-13 hours

School age children (6-13): 9-11 hours

Teenagers (14-17): 8-10 hours

Younger adults (18-25): 7-9 hours

Adults (26-64): 7-9 hours

Older adults (65+): 7-8 hours

what's best next

HOW THE GOSPEL TRANSFORMS THE
WAY YOU GET THINGS DONE



MATT PERMAN

FOREWORD BY JOHN PIPER

Getting Things Done the art of stress-free productivity

from the New York Times bestselling author

David Allen

A brand-new
edition for
2015 ✓



essentialism

The Disciplined Pursuit of Less

GREG MCKEOWN

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Sleep on a comfortable mattress and pillows.
- Turn off electronics before bed.

Better sleep?

- Slow Down
- Breathe Deeply
- Decompress
- Laugh Out Loud
- Play Soothing Music

Less stress?

Genesis 2:1-9

The Importance Of Rest (v.1-3)

The Root Of Rest (v.4-7)

Our Right To Rest (v.8-9)

GENESIS 2:1-3

(pg. 1)



ISAIAH 40:28

(pg. 395)

*“Indeed, the Protector of Israel
does not slumber or sleep.”*

PSLAM 121:4

1) To Show His Work Was Done

Genesis 2:1-3

- 1) To Show His Work Was Done
- 2) Give Us A Pattern Regarding The Structure Of Time

Genesis 2:1-3

- 1) To Show His Work Was Done
- 2) Give Us A Pattern Regarding The Structure Of Time
- 3) Give Us An Example of Rest For Man

Genesis 2:1-3

Clarke

“He who idles his time away in the six days is equally culpable in the sight of God as he who works on the seventh.”

“Therefore, a Sabbath rest remains for God’s people. For the person who has entered His rest has rested from his own works, just as God did from His. Let us then make every effort to enter that rest, so that no one will fall into the same pattern of disobedience.”

Hebrews 4:9-11

GENESIS 2:4-7

(pg. 1)

V.4 - God made the heavens

v.5 - Nothing had grown on the land

v.6 - God watered the land

v.7 - God formed man from dust

Genesis 2:4-7

"No shrub of the field had yet grown on the land, and no plant of the field had yet sprouted, FOR THE LORD GOD HAD NOT made it rain on the land, and there was no man to work the ground."

Genesis 2:5

"No shrub of the field had yet grown on the land, and no plant of the field had yet sprouted, FOR THE LORD GOD HAD NOT made it rain on the land, and there was no man to work the ground."

*Then God said, "Let the earth produce vegetation: seed-bearing plants and fruit trees on the earth ..."
AND IT WAS SO. The earth produced vegetation: seed-bearing plants according to their kinds and trees bearing fruit with seed in it according to their kinds.*

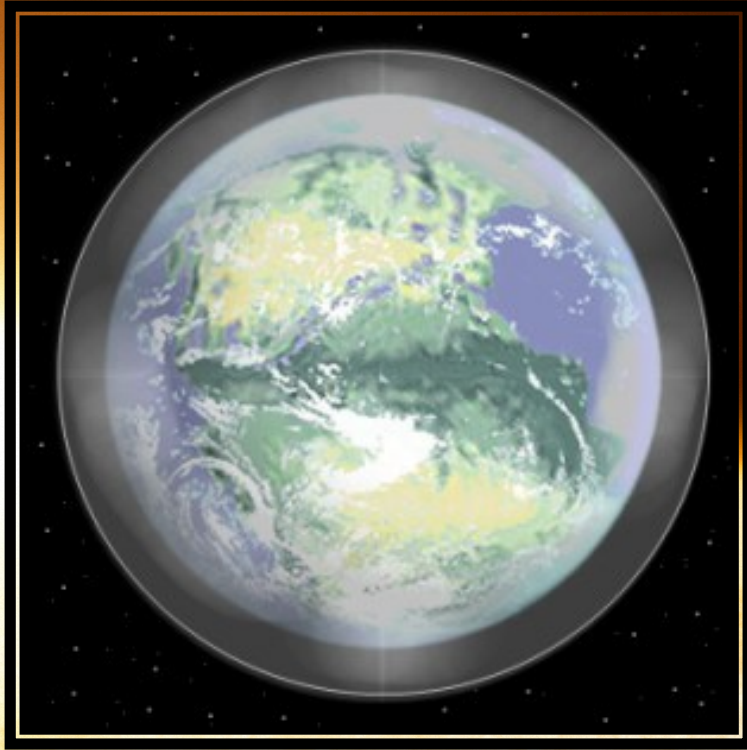
Genesis 2:5 & 1:11-12

God Sustains The Work



DAY 2

SKY



*"But water would come out of the ground
and water the entire surface of the land."*

Genesis 2:6

"But water would come out of the ground and water the entire surface of the land. Then the LORD God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being."

Genesis 2:6-7

*"But water would come out of the ground and water the entire surface of the land. Then the LORD God formed the man out of the dust from the ground and **BREATHED THE BREATH OF LIFE** into his nostrils, and the man became a living being."*

Genesis 2:6-7



JOHN 20:20-23

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GENESIS 2:8-9

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THE LORD STILL
CAUSES





ISAIAH 40:29-31

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GENESIS

the beginning

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THANK YOU
FOR COMING

A stylized graphic of a human eye, rendered in black and white with a splatter effect. The eye is positioned behind the text, with its upper and lower eyelids framing the letters.

CALVARY CHAPEL

lake buena vista