



REST: THE PURPOSE

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SEPTEMBER 4, 2022



MOTION OFFENSE

GENESIS 2:1-3

*“THUS THE HEAVENS AND THE EARTH WERE COMPLETED IN ALL THEIR VAST ARRAY. BY THE SEVENTH DAY GOD HAD FINISHED THE WORK HE HAD BEEN DOING; SO ON THE SEVENTH DAY HE RESTED FROM ALL HIS WORK. 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.”*

MATTHEW 11:28-30

*“COME TO ME, ALL YOU WHO ARE WEARY  
AND BURDENED, AND I WILL GIVE YOU  
REST. 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. FOR MY YOKE IS  
EASY AND MY BURDEN IS LIGHT.”*



REST FOLLOWS GOOD WORK

GOOD WORK FOLLOWS REST

GENESIS 2:15

*“THE LORD GOD TOOK THE MAN AND  
PUT HIM IN THE GARDEN OF EDEN  
TO WORK IT AND TAKE CARE OF IT.”*

## 2 THESSALONIANS 3:6-8

*IN THE NAME OF THE LORD JESUS CHRIST, WE  
COMMAND YOU, BROTHERS AND SISTERS, TO KEEP AWAY  
FROM EVERY BELIEVER WHO IS IDLE AND DISRUPTIVE  
AND DOES NOT LIVE ACCORDING TO THE TEACHING[A]  
YOU RECEIVED FROM US. FOR YOU YOURSELVES KNOW  
HOW YOU OUGHT TO FOLLOW OUR EXAMPLE. WE WERE  
NOT IDLE WHEN WE WERE WITH YOU, NOR DID WE EAT  
ANYONE'S FOOD WITHOUT PAYING FOR IT. ON THE  
CONTRARY, WE WORKED NIGHT AND DAY, LABORING  
AND TOILING SO THAT WE WOULD NOT BE A BURDEN TO  
ANY OF YOU.*

2 THESSALONIANS 3:9-10

*WE DID THIS, NOT BECAUSE WE DO NOT HAVE THE RIGHT TO SUCH HELP, BUT IN ORDER TO OFFER OURSELVES AS A MODEL FOR YOU TO IMITATE. FOR EVEN WHEN WE WERE WITH YOU, WE GAVE YOU THIS RULE: “THE ONE WHO IS UNWILLING TO WORK SHALL NOT EAT.”*

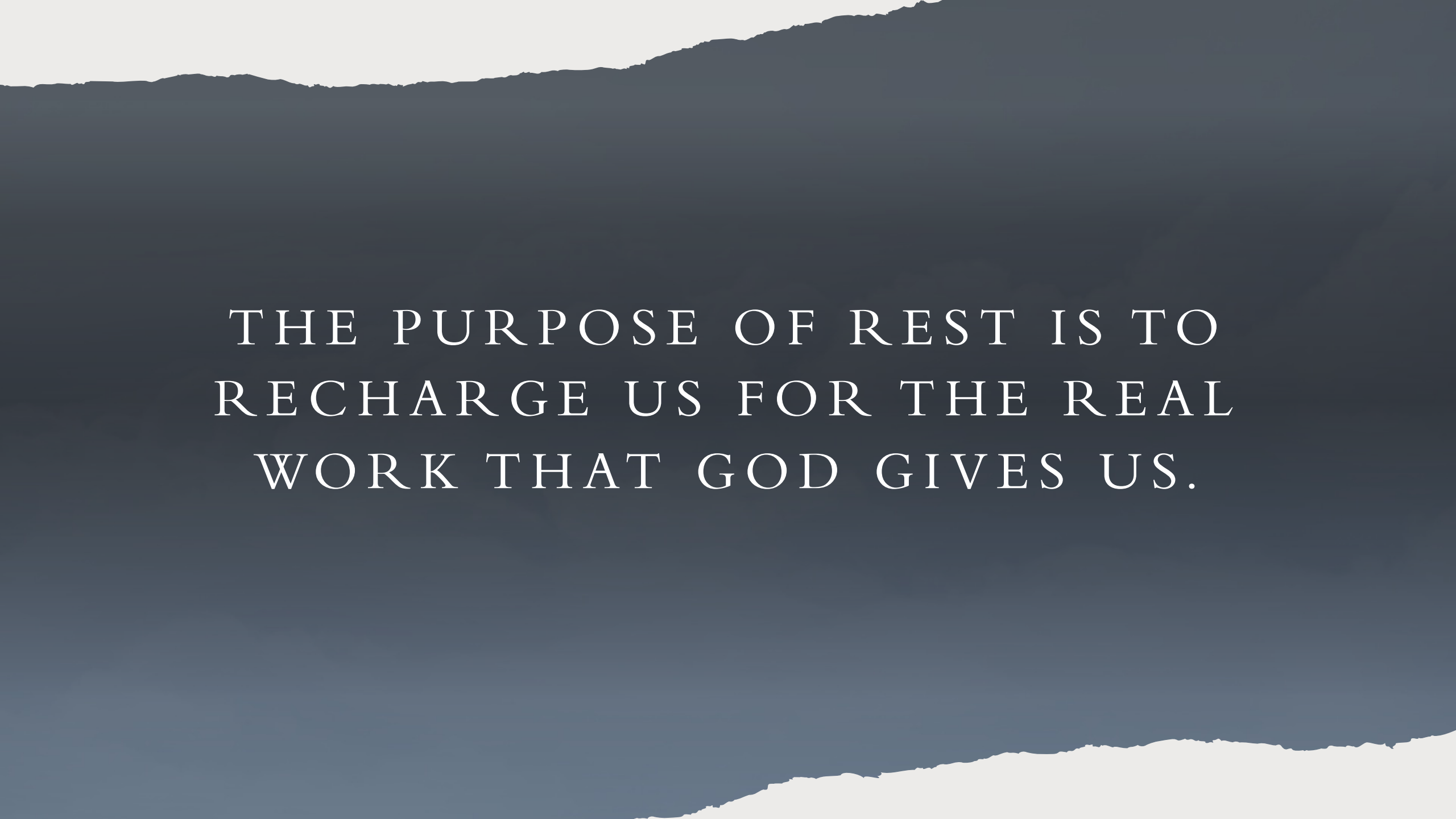


2 THESSALONIANS 3:11-13

*WE HEAR THAT SOME AMONG YOU ARE  
IDLE AND DISRUPTIVE. THEY ARE NOT  
BUSY; THEY ARE BUSYBODIES. SUCH  
PEOPLE WE COMMAND AND URGE IN THE  
LORD JESUS CHRIST TO SETTLE DOWN  
AND EARN THE FOOD THEY EAT. AND AS  
FOR YOU, BROTHERS AND SISTERS,  
NEVER TIRE OF DOING WHAT IS GOOD.*

NUMBERS 8:23-36

*THE LORD SAID TO MOSES, “THIS APPLIES TO THE LEVITES: MEN TWENTY-FIVE YEARS OLD OR MORE SHALL COME TO TAKE PART IN THE WORK AT THE TENT OF MEETING, BUT AT THE AGE OF FIFTY, THEY MUST RETIRE FROM THEIR REGULAR SERVICE AND WORK NO LONGER. THEY MAY ASSIST THEIR BROTHERS IN PERFORMING THEIR DUTIES AT THE TENT OF MEETING, BUT THEY THEMSELVES MUST NOT DO THE WORK. THIS, THEN, IS HOW YOU ARE TO ASSIGN THE RESPONSIBILITIES OF THE LEVITES.”*



THE PURPOSE OF REST IS TO  
RECHARGE US FOR THE REAL  
WORK THAT GOD GIVES US.

WE REST FOR GOD'S PURPOSE

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