

# GENESIS

REST FOR A WEARY SOUL

Genesis 2:1–3



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 2:1–3**

# The Example Of Rest

God didn't rest because He was tired, he rested because His creative work was done. He is still at work.

*But Jesus answered them, "My Father is working until now, and I am working."*

**John 5:17**

*Do you have trouble following the examples of Scripture? They are there for you (Romans 15:4).*

# The Reason Of Rest

We rest to remember the Creator God who redeems His people. Human life is not dependent on our endless work but on God's provision and care for us.

*And the Lord said to Moses, "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you."*

**Exodus 31:12–13**

*Are you resting from your work or working out of your rest?*

# The Danger Of Restlessness

Our restlessness reveals to us our idols.

*Moreover, I swore to them in the wilderness that I would not bring them into the land that I had given them, a land flowing with milk and honey, the most glorious of all lands, because they rejected my rules and did not walk in my statutes, and profaned my Sabbaths; for their heart went after their idols.*

**Ezekiel 20:15–16**

*What do you rest in? If it isn't God it is an idol.*

# The Solution To Restlessness

God made a way for us to enter into His rest through His Son, Jesus. This is a Sabbath rest that is eternal.

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

**Matthew 11:28–30**

*Are you resting in the finished work of the cross?*