



YOUR WORK MATTERS: Monday through Saturday Faith When to Take a Break from Work?

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:2&3 NLT

July 25, 2021 | Eric Smith

Sermon Summary

Meaningful work contributes to an overall sense of well-being and purpose. Our work is a means for us to worship Christ, serve others, and provide for our practical needs. In Genesis we witness God at work for six days as he creates the world. On the seventh day he rested. God ordained a rhythm of rest in creation prior to the Fall and He reiterated the mandate to rest in Commandment 4 - “but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work.” According to numerous studies, we are sleeping less, working more, and increasingly anxious. Maybe it’s time to take a break! We’ll take a look at what the scripture has to say about rest as we explore some of the benefits of finding rest. In Christ we can find the true rest for which every heart longs.

Diving Into The Message

God Took a Break!

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Genesis 2:1-3 NLT

God Tells You to Take a Break!

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

Exodus 23:12 NLT

SABBATH: The intentional practice of Finding REST in Christ.

THE BENEFITS OF TAKING A BREAK

- Renews our spirit
- Energizes our bodies
- Strengthens our relationships
- Transforms our outlook

4 PRACTICAL STEPS TO TAKING A BREAK & FINDING REST:

Run to Jesus And Learn

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.

Matthew 11:28-30 NLT

Eliminate Excess Activity

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do.

Ephesians 5:15-17 NLT

Schedule Rest Regularly

but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work.

Exodus 23:10 NLT

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

Psalm 46:10 NLT

Trust God More

*Unless the Lord builds a house, the work of the builders is wasted.
Unless the Lord protects a city, guarding it with sentries will do no good.
It is useless for you to work so hard from early morning until late at night,
anxiously working for food to eat; for God gives rest to his loved ones.*

Psalm 127:1&2 NLT

YOUR WORK MATTERS: Monday through Saturday Faith When to Take a Break from Work?

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

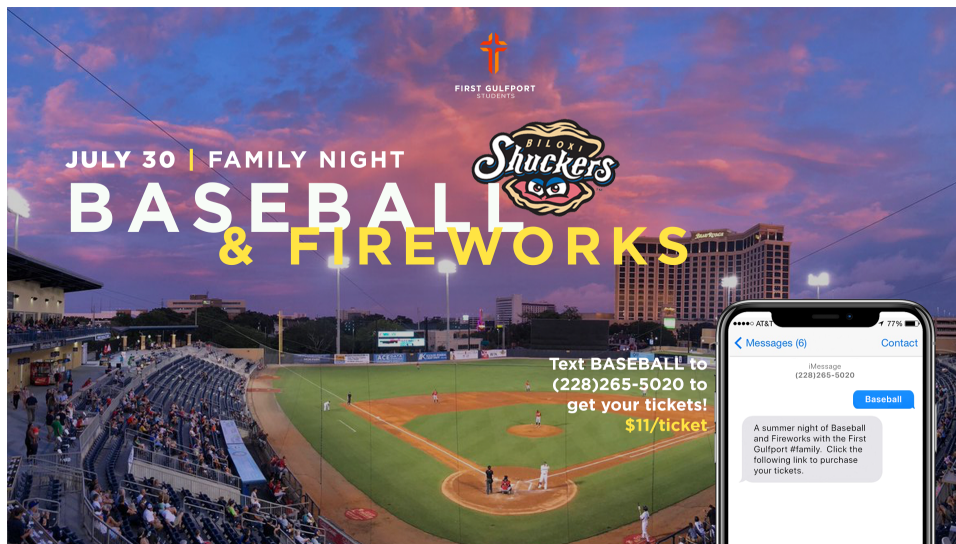
Genesis 2:2&3 NLT

July 25, 2021 | Eric Smith

Life Application Questions

1. What is the significance of God resting from all of his work on the seventh day (prior to the Fall)?
2. The following four benefits of taking a break are listed: Renews our spirit, Energizes our bodies, Strengthens our relationships, and Transforms our outlook. Which of these benefits of “taking a break” have you experienced? List some additional benefits of rest.
3. Discuss Jesus’ invitation to come to Him to find rest. How do we let Jesus teach us?
4. Do you find yourself extremely busy? If you answered, “Yes,” then make a complete list of all that you do. Now, mark through the Excess Activity that you can Eliminate.
5. How do you prioritize taking a break?
6. Do you find yourself “anxiously working for your food”? How can you trust God more? What role can your small group and/or church family play to help you trust God more?

ANNOUNCEMENTS



Awana **AWANA Kick-Off Events**
Because Kids Matter to God

August 1 AWANA Lunch & Leader Training | **Noon**

August 8 AWANA Car Derby | **5pm**

August 15 AWANA Kick Off | **5pm**