

**Blessed Work and Blessed Rest**  
**Al Gascon | August 13, 2023**

- ⇒ Work is the precursor to a good night's rest as well as a good Sabbath rest.
- ⇒ As much as your rest matters to God, your work matters to Him as well.
- ⇒ What does the Bible say about an honest day of hard work?

*Proverbs 13:4*

*Proverbs 12:27*

- ⇒ Diligence is opposed to slothfulness.

*The laziness of the sluggard stems from his overpowering aversion to work. And the restfulness of the diligent is received as a gracious reward for the gift of God glorifying work, and a pleasant preparation for renewed productivity. — John Piper*

*Genesis 3:17-19*

- ⇒ Work was never a curse from God.

*Ecclesiastes 2:17-25*

- ⇒ Finding satisfaction in our work is a gift from God.

*Ecclesiastes 5:12*