



May 27, 2018
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Genesis: The Epic Story of Beginnings

Lesson Six • Genesis 2:1-3

The First Day of Rest

Are you tired of being tired?

Most people claim they are TOO BUSY to rest; consequently we feel overloaded by the pressures of life and overwhelmed by the pace of life.

God Rested, So You Can Too

God's rest is an invitation to enjoy earthly and eternal REST in Him.

"Truly my soul finds rest in God; my salvation comes from Him." ~David, Psalm 62:1

*"Come to Me, all you who are weary and burdened, and I will give you rest."
~Jesus, Matthew 11:28*

The First Day of Rest in Creation

1. God Established the PATTERN of Rest in Creation!

*Thus the heavens and the earth, and all the host of them, were finished.
And on the seventh day God ended His work which He had done, and He rested
on the seventh day from all His work which He had done. Genesis 2:1-2*

The Pattern of Rest

➤ God FINISHED His work of Creation in six days.

➤ God RESTED from His work of Creation on the seventh day.

2. God Established the PRINCIPLE of Rest in Creation!

*Then God blessed the seventh day and sanctified it, because in it He rested from all
His work which God had created and made. Genesis 2:3*

The Principle of Rest

➤ God BLESSED the seventh day for the benefit of mankind.

➤ God SANCTIFIED the seventh day for the worship of God.

Eternal Rest in Redemption

Real rest only comes by resting in CHRIST and resting from our EFFORTS to be saved by our works.

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters
God's rest also rests from their works, just as God did from His. Hebrews 4:9-10*

*And I heard a voice from heaven saying, "Write this: Blessed are the dead who die
in the Lord from now on." "Blessed indeed," says the Spirit, "that they may
rest from their labors, for their deeds follow them!" Revelation 14:13*

God Rested, So You Can Too

❖ Taking a weekly day of rest is a sign that we DESIRE God.

❖ Taking a weekly day of rest is a sign that we TRUST God.

❖ Taking a weekly day of rest proclaims Christ's SUFFICIENCY.

❖ Taking a weekly day of rest declares our FREEDOM in Christ.