

## **Made for rest (Gen. 2:1-3)**

Do you work to rest, or rest to work?

The constant push & pull

### **1. The purpose is Rest**

Gen. 2:1-3 – anticlimactic?

The uniqueness of the seventh day

God rested

Why?

The incredible detail:

Before we were made to work for God...

The reason we can rest without any worries

The problem: Does Day 7 still exist?

### **2. The promise of rest**

What drives the rest of the Bible

The same end-goal

The place of rest (eg. Deut. 3:20, 12:9-11, 25:19, Josh. 1:13, 22:4)

Why the 10 commandments include the Sabbath

The fulfilment of this promise

Keep striving to enter that rest (Heb. 4:1-11)

### **3. The pattern for rest**

How can we practise Sabbath?

- Remember Redemption
- Learn our limitations