**The Gift of Rest**

Genesis 1:1-5; 2:1-3

“On the seventh day God finished his work that he had done, and he rested on the seventh day… So God blessed the seventh day and made it holy, because on it God rested from all his work…” Genesis 2:2-3

**3 Reasons to Rest:**

* Rest is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - There are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to what we can accomplish (Gen. 2:2)
* Rest is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - We reflect God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when we rest (Ex. 20:8-11)

* Rest is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Both present and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Mk. 2:27; Heb. 4:10-11)

“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.” Mathew 11:28-30

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**3 Reasons to Rest:**

* Rest is a Necessity - There are Limits to what we can accomplish (Gen. 2:2)
* Rest is a Command - We reflect God’s Image when we rest (Ex. 20:8-11)

* Rest is a Promise - both present and Future (Mk. 2:27; Heb. 4:10-11)

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