

Time for a Break
Rest Reformulated

Sunday, January 28, 2024

1. Rest as a _____.

"So the creation of the heavens and the earth and everything in them was completed. ² On the seventh day God had finished his work of creation, so he rested from all his work. ³ 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)

2. Rest as a _____.

"Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed."

Exodus 23:12 (NIV)

A. Physical _____.

"But you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die."

Genesis 2:17 (NIV)

B. Spiritual _____.

"And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."

Genesis 3:15 (NIV)

C. _____ Tension.

"To the woman he said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you."

Genesis 3:16 (NIV)

D. _____ Work.

"...Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. ¹⁸ It will produce thorns and thistles for you, and you will eat the plants of the field. -

- ¹⁹ By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Genesis 3:17b-19 (NIV)

E. Spiritual _____.

"So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken. ²⁴ After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life."

Genesis 3:23-24 (NIV)

3. Restoring the _____ of rest.

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

My Rest

* Rest _____: _____

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