

*Thus the heavens and the earth were completed in all their vast array. <sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in Creation. —Gen. 2:3*

**Key Point:** When we enter into rest, we incur blessing on our life while simultaneously entering into God's presence and very nature. **Restoration:** Rest is the bridesmaid of restoration.

**What is rest?** A bodily state characterized by minimal functional and metabolic activities<sup>1</sup>.

- Rest is different than sleep.
  - Without the ability to rest, you will not be able to sleep.
- Peace of mind or spirit.

American culture is built on a **work & escape** model rather than a work and rest model.

- Terms that reflect Americans would be **pioneers, builders and go getters**.
- Influenced Western spirituality, but **church culture** at large. Today many churches operate on a production model rather than a spiritual one centered in peace.

**The biblical narrative is one that begins and ends in rest.**

### **Beginning**

- **Gen 2:3** God rested on the 7th day.
  - **God created the world in a state of deep rest.**
    - In the beginning God created the heavens and the earth. <sup>2</sup> Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.
      - This was not an **evil darkness**, but one of rest.

### **End**

- **Revelations 14:13** Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them." (R.I.P)

### **Living Faster Than We Are Meant**

- Much of today's mental discord comes from the velocity of our culture.
  - Isa 26:3 Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee.

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<sup>1</sup> <http://www.merriam-webster.com/dictionary/rest>

## Understanding The Spiritual Importance Of Rest

**Gen 2:3 Rest is blessed and holy:** Notice that the day was blessed “**because**” God rested.

- The nature of heaven is rest. (MATT 6:10)
- **Toil is associated with the curse:**
- Genesis 3:17 To Adam he said, "Because you listened to your wife and ate fruit from the tree about which I commanded you, 'You must not eat from it,' "Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.

**Question:** Is work cursed?

- Absolutely not, but we must understand that the “creative and renewing” way God works differs greatly from “toil”.
- The work of God was:
  - **Creative & Beautiful:** Genesis 1:1 classifies God’s work as creative rather than toil.
  - **Fulfilling:** 5 times in Genesis 1 God says it was good.
  - **Fruitful:** Gen 1:22 God blessed them and said, “Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.”
  - **Brought relationship:** Gen 1:27 So God created mankind in his own image

**Rest is not laziness<sup>2</sup>:**

- Proverbs 13:4 The soul of the sluggard craves and gets nothing, But the soul of the diligent is made fat.

**When we rest we enter into the very nature of God.**

**Hebrews 4:9-11** There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

**Questions for the journey:**

1. Pastor Adam said that when we enter into rest we incur blessing in our lives. What would some of those be?
2. Is it possible to have rest as your core value and still be incredibly productive for God? Why?
3. **Genesis 3:17** shows toil as part of the curse. God’s work of creation was not toil, but creative. How can we reframe our thinking to allow our work more reflect the blessing rather than the curse?
4. Pastor Adam said if you don’t have inward rest that you will never have rest no matter what your surroundings. Do you think that is true?
5. This week rethink how you rest and restore. Practice the art of rest.

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<sup>2</sup> <http://bible.knowing-jesus.com/topics/Laziness>

