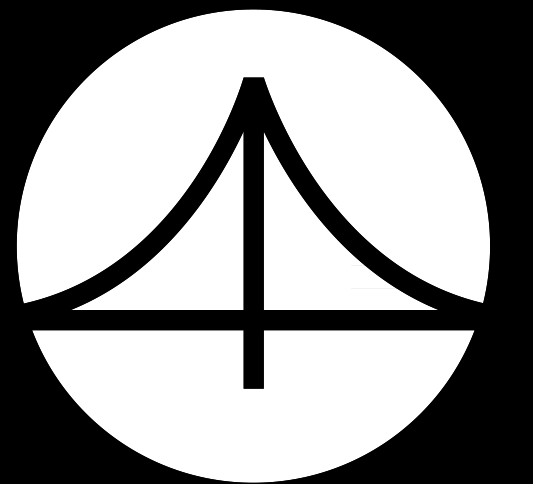


# Genesis: The 7th Day

Genesis 2:1-3



**God made us to live a rhythm of work and rest.**

- **God's Rest**
- **Practicing Sabbath Rest**
- **The Power for Sabbath Rest**

# God's Rest

- God rested so you and I can have a reminder built into our schedule that our lives depend on Him
- God blessed the day and set it apart so it can be a day of rest for us, not just for Him

# Practicing Sabbath

“Biblical Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.”

- Pete Scazzero

Genesis 2:1-3

# What does this look like if you're a parent?

“You cannot stop changing diapers of course. But you can cease from tidying up, cooking, laundry, and running errands. You can do some things together as a family. You can hire a babysitter so you, and with your spouse, can get time alone. You can take time alone for yourself, leaving parenting to your spouse. Then, you take the children and give equal time to him/her.”

- Pete Scazzero

**What if you don't always have a  
consistent day off?**

**Should we stop serving at church on  
Sunday if Sunday is our Sabbath?**

**Is it ok to not take a full day off  
each week as long as I live with a  
'spirit of Sabbath rest' each day?**



I tried Sabbath and it didn't work, is  
it ok to stop?

**If this type of rest is so good, why  
limit it to one day per week?**

**How do I get started?**

# Power for Sabbath

- Until the work is finished, you can't cease from your work

**“My drive in life comes from a fear of being mediocre. That is always pushing me. I push past one spell of it and discover myself as a special human being but then I feel I am still mediocre and uninteresting unless I do something else. Because even though I have become somebody, I still have to prove that I am somebody. My struggle has never ended and I guess it never will.”**

*-Madonna*

# Power for Sabbath

- Until the work is finished, you can't cease from your work
- The work that needs to be finished for us to rest isn't a to-do list, but the deeper work of proving we're somebody through what we do
- On the cross, Jesus said, "It is finished" (John 19:30)
- It's only through the cross that the work of proving ourselves is finished so we can rest

Genesis 2:1-3