

Genesis 2:1-25

Work Meaningfully & Rest Trustfully

Because of Jesus we can:

- 1. Work meaningfully with purpose**
- 2. Rest trustfully with peace**

God has a rhythm of work and rest and so should we (2:2,3)

Work meaningfully with purpose

- Work is a necessary part of God's good creation (2:4-6,15)
- "Avad" (2:15) – work, cultivate, serve, worship
- Warnings against laziness (2 Thess 3:11; Proverbs 6:6-8, 1 Tim 5)
- Work is enhanced by relationship not a substitute for it (2:18)
- Work involves painful toil because of our sin (3:17-19)
- Work is meaningful worship of the Lord Jesus (Col 3:23) regardless of your situation or capacity.

Rest trustfully with peace

- But God does not grow weary? (Isa 40:28)
- "Shabat" – cease work, rest
- A rhythm of remembrance (Exo 20:8, Deut 5:12-15)
- Sabbath reminded Israel that God created them, rescued them, sustained them.
- Jesus is Lord of the Sabbath (Mk 2:28)
- Sabbath was meant as a gift not a burden
- There is an eternal Sabbath rest (Heb 4:1-11)
- True rest is found only in Jesus (Matt 11:28, Col 2:16,17)