***In the Beginning, Rest***

**Genesis 2:1-3 (CSB)**   
1 So the heavens and the earth and everything in them were completed. 2  On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. 3  God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.

**Exodus 20:8-11 (CSB)**   
8  Remember the Sabbath day, to keep it holy: You are to labor six days and do all your work, 10  but the seventh day is a Sabbath to the LORD your God. You must not do any work — you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. 11  For the LORD made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the LORD blessed the Sabbath day and declared it holy.

**Exodus 31:12-17 (CSB)**   
12 The LORD said to Moses: 13  "Tell the Israelites: You must observe my Sabbaths, for it is a sign between me and you throughout your generations, so that you will know that I am the LORD who consecrates you. 14  Observe the Sabbath, for it is holy to you. Whoever profanes it must be put to death. If anyone does work on it, that person must be cut off from his people. 15  Work may be done for six days, but on the seventh day there must be a Sabbath of complete rest, holy to the LORD. Anyone who does work on the Sabbath day must be put to death. 16  The Israelites must observe the Sabbath, celebrating it throughout their generations as a permanent covenant. 17  It is a sign forever between me and the Israelites, for in six days the LORD made the heavens and the earth, but on the seventh day he rested and was refreshed."

**In the beginning, God rests.**

**Hebrews 10:12 (CSB)**   
But this man, after offering one sacrifice for sins forever, sat down at the right hand of God.

**Philippians 1:6 (CSB)**   
I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus.

**What does Sabbath rest mean to me?**

**Colossians 2:16-17 (CSB)**16 Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. 17 These are a shadow of what was to come; the substance is Christ.

* Rest *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* my soul.

*How do I let my soul breathe?*

* Rest *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*me that the Lord’s work for me is enough.

*You have made us for yourself, O Lord,*

*and our heart is restless until it rests in you.*

Augustine

* Rest puts *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*