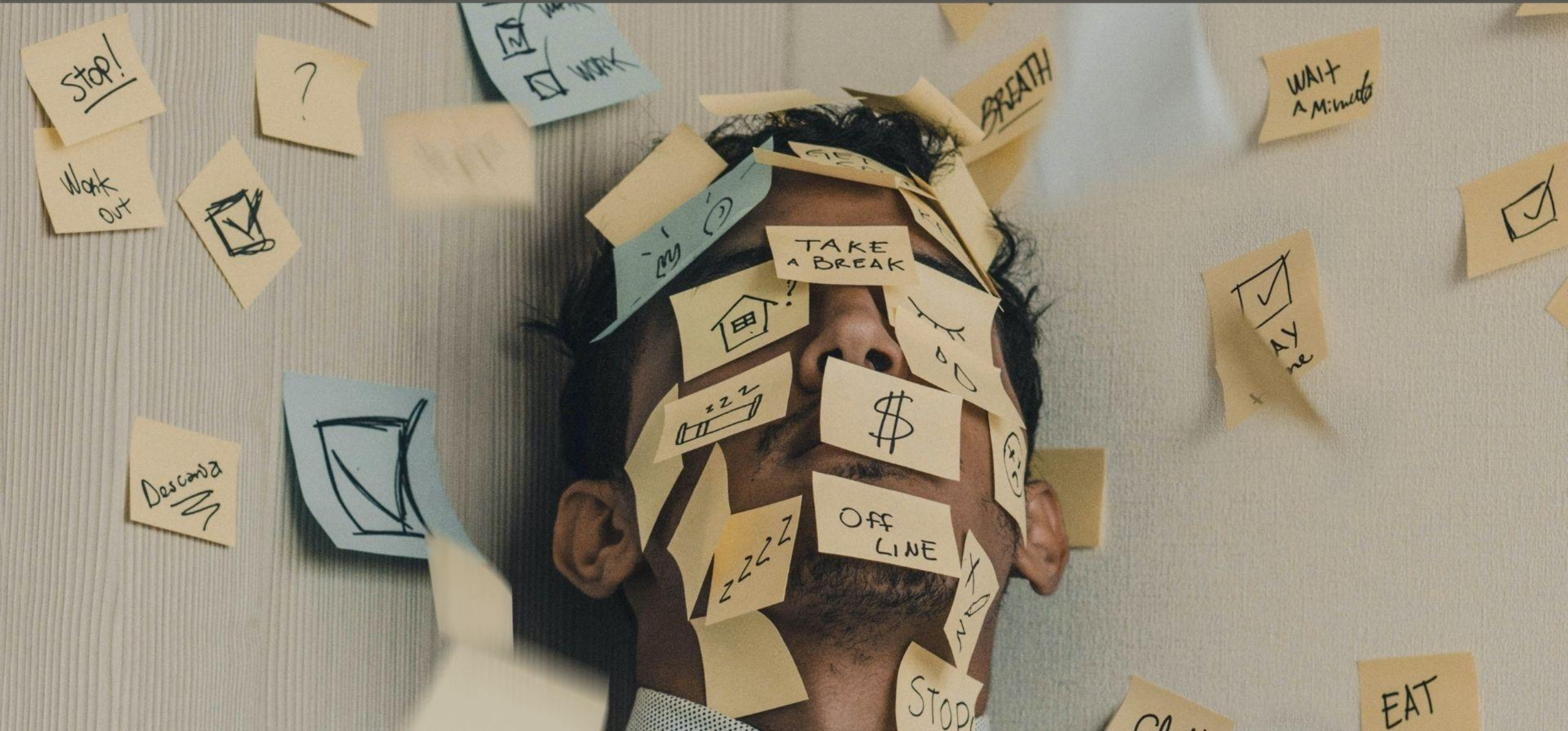


The Rhythm of Work and Rest



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GENESIS 2:15 ESV

**THE LORD GOD TOOK THE MAN AND PUT HIM IN THE GARDEN
OF EDEN TO WORK IT AND KEEP IT.**

1 TIMOTHY 5:8

**BUT IF ANYONE DOES NOT PROVIDE FOR HIS RELATIVES, AND ESPECIALLY FOR
MEMBERS OF HIS HOUSEHOLD, HE HAS DENIED THE FAITH AND IS WORSE THAN AN
UNBELIEVER.**

1 CORINTHIANS 15:58 ESV

**THEREFORE, MY BELOVED BROTHERS, BE STEADFAST, IMMOVABLE, ALWAYS
ABOUNDING IN THE WORK OF THE LORD, KNOWING THAT IN THE LORD YOUR LABOR
IS NOT IN VAIN.**

ACTS 20:35 ESV

**IN ALL THINGS I HAVE SHOWN YOU THAT BY WORKING HARD IN THIS WAY WE MUST
HELP THE WEAK AND REMEMBER THE WORDS OF THE LORD JESUS, HOW HE
HIMSELF SAID, 'IT IS MORE BLESSED TO GIVE THAN TO RECEIVE.'**

PROVERBS 24:30-34 NLT

I WALKED BY THE FIELD OF A LAZY PERSON, THE VINEYARD OF ONE WITH NO COMMON SENSE. I SAW THAT IT WAS OVERGROWN WITH NETTLES. IT WAS COVERED WITH WEEDS, AND ITS WALLS WERE BROKEN DOWN. THEN, AS I LOOKED AND THOUGHT ABOUT IT, I LEARNED THIS LESSON: A LITTLE EXTRA SLEEP, A LITTLE MORE SLUMBER, A LITTLE FOLDING OF THE HANDS TO REST— THEN POVERTY WILL POUNCE ON YOU LIKE A BANDIT; SCARCITY WILL ATTACK YOU LIKE AN ARMED ROBBER.

2: WE ARE CALLED TO REST

EXODUS 20:10 ESV

**THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON
IT YOU SHALL NOT DO ANY WORK**

MARK 6:30-34 ESV

THE APOSTLES RETURNED TO JESUS AND TOLD HIM ALL THAT THEY HAD DONE AND TAUGHT. AND HE SAID TO THEM, “COME AWAY BY YOURSELVES TO A DESOLATE PLACE AND REST A WHILE.” FOR MANY WERE COMING AND GOING, AND THEY HAD NO LEISURE EVEN TO EAT. AND THEY WENT AWAY IN THE BOAT TO A DESOLATE PLACE BY THEMSELVES. NOW MANY SAW THEM GOING AND RECOGNIZED THEM, AND THEY RAN THERE ON FOOT FROM ALL THE TOWNS AND GOT THERE AHEAD OF THEM. WHEN HE WENT ASHORE HE SAW A GREAT CROWD, AND HE HAD COMPASSION ON THEM, BECAUSE THEY WERE LIKE SHEEP WITHOUT A SHEPHERD. AND HE BEGAN TO TEACH THEM MANY THINGS.

PSALM 127:1-2 ESV

**UNLESS THE LORD BUILDS THE HOUSE, THOSE WHO BUILD IT LABOR IN VAIN. UNLESS THE LORD WATCHES
OVER THE CITY, THE WATCHMAN STAYS AWAKE IN VAIN. IT IS IN VAIN THAT YOU RISE UP EARLY AND GO
LATE TO REST, EATING THE BREAD OF ANXIOUS TOIL; FOR HE GIVES TO HIS BELOVED SLEEP.**

3: THE SABBATH COMMAND GIVES US SOME GUIDANCE

EXODUS 20:8-11 ESV

“REMEMBER THE SABBATH DAY, TO KEEP IT HOLY. SIX DAYS YOU SHALL LABOR, AND DO ALL YOUR WORK, BUT THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON IT YOU SHALL NOT DO ANY WORK, YOU, OR YOUR SON, OR YOUR DAUGHTER, YOUR MALE SERVANT, OR YOUR FEMALE SERVANT, OR YOUR LIVESTOCK, OR THE SOJOURNER WHO IS WITHIN YOUR GATES. FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, THE SEA, AND ALL THAT IS IN THEM, AND RESTED ON THE SEVENTH DAY. THEREFORE THE LORD BLESSED THE SABBATH DAY AND MADE IT HOLY.

PSALM 46:10-11 NLT

**BE STILL, AND KNOW THAT I AM GOD! I WILL BE HONORED BY EVERY NATION. I WILL
BE HONORED THROUGHOUT THE WORLD. THE LORD OF HEAVEN'S ARMIES IS HERE
AMONG US; THE GOD OF ISRAEL IS OUR FORTRESS.**

GENESIS 1:31 ESV

AND GOD SAW EVERYTHING THAT HE HAD MADE, AND BEHOLD, IT WAS VERY GOOD. AND THERE WAS EVENING AND THERE WAS MORNING, THE SIXTH DAY.

4: WE ARE CALLED TO TAKE CARE OF OUR INNER LIFE

PROVERBS 4:23 ESV

**KEEP YOUR HEART WITH ALL VIGILANCE,
FOR FROM IT FLOW THE SPRINGS OF LIFE.**

5: RESTING AND SOUL CARE CAN BE DIFFICULT

MATTHEW 11:28-30 ESV

“COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU, AND LEARN FROM ME, FOR I AM GENTLE AND LOWLY IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS. FOR MY YOKE IS EASY, AND MY BURDEN IS LIGHT.”

6: YOU CAN'T TRULY REST UNTIL YOU TRULY COME TO JESUS

PSALM 116:5-7 ESV

GRACIOUS IS THE LORD, AND RIGHTEOUS; OUR GOD IS MERCIFUL. THE LORD PRESERVES THE SIMPLE; WHEN I WAS BROUGHT LOW, HE SAVED ME. RETURN, O MY SOUL, TO YOUR REST; FOR THE LORD HAS DEALT BOUNTIFULLY WITH YOU.