

Reasons to Rest

September 1, 2024 Pastor Todd McAllister

Complete Creation - Genesis 2:2

“On the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done.” Genesis 2:2

“Remember the Sabbath...” Exodus 20:8-11

Creation is _____.

Complete Provision

Deliverance - Deuteronomy 5:15

Homeland - Joshua 22:4

Balance - Ecclesiastes 4:4-6

Necessities - Matthew 6:31-33

Burden Bearing - Matthew 11:28-30

Godly Living - 2 Peter 1:3-4

Provision is _____.

Complete Redemption

“He said, ‘It is finished,’ and He bowed His head and gave up His spirit.” John 19:30

Redemption is _____.

Have you entered God’s rest?

“Whoever has entered God’s rest has also rested from his works as God did from His.” Hebrews 4:11

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Reasons to Rest (page 2)

Considerations:

- No command to keep the Sabbath after resurrection of Christ
- Pattern of early Christians was to meet on the first day of the week (The Lord’s day) 1 Cor. 16:1; Rev. 1:10
- No longer under the Law Gal. 3:23-26
- Focus upon Christ Col. 2:16-17
- Danger of focusing upon days Gal. 4:8-11
- Freedom regarding days Rom. 14:5-12
- Focus upon “Today” 2 Cor. 6:1-2; Heb. 4:7

Resources - “From Sabbath to Lord’s Day,” D. A. Carson

- “Every Good Endeavor” (Chapter 12) Timothy Keller

How do the reasons for rest impact your life?

In what way do you incorporate the pattern of “one day in seven” into your life?

What examples can you give to show that you believe that the Lord’s provision for you is enough?

Is your relationship with the Lord built on His provision of redemption or your efforts to earn His favor?

How do you compare the way you are living your life with Ecclesiastes 4:4-6?

- Striving after the wind
- Folding your hands and eating your own flesh
- A handful of work and a handful of rest

How would those closest to you assess your approach to life? Have you asked them?

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“On the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done.” Genesis 2:2

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Creation is **finished.**

Complete Provision

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Necessities - Matthew 6:31-33

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Provision is **enough.**

Complete Redemption

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Redemption is **finished.**

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