

# HABITS OF THE HEART



Rest | January 19, 2025

## GOD'S DESIGN FOR REST

*Genesis 2:2-3 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy... .*

God “blesses” something for its \_\_\_\_\_; and God declares something “holy” for its \_\_\_\_\_.

*Exodus 20:8-11 “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God... For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day.*

*Deuteronomy 5:13-15 Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God... Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.*

1. Observing the Sabbath helped them to \_\_\_\_\_ God as Creator.
2. Observing the Sabbath helped them to \_\_\_\_\_ God as Provider.
3. Observing the Sabbath helped them to \_\_\_\_\_ God as their Rescuer.

## GOD'S INVITATION TO REST

*Hebrews 4:9-14 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his... Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.*

*1 Peter 2:9-10 But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.*

*Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

## OUR HABIT OF REST

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