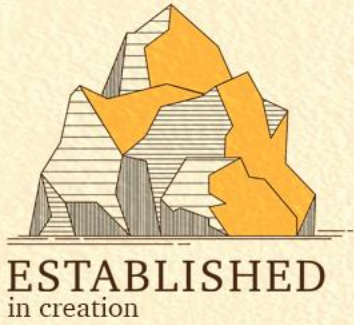


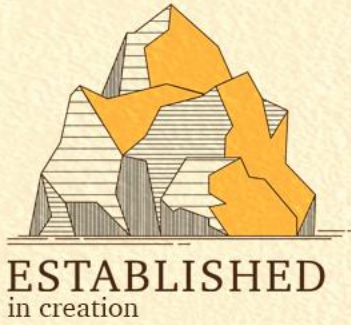
ESTABLISHED  
in creation

# The Gift of Rest

Genesis 2:1–3

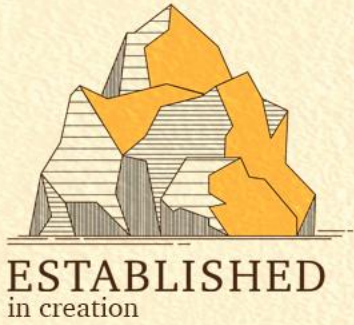


There's a kind of tired that  
sleep doesn't fix



## Genesis 2:1–3

Thus the heavens and the earth were finished, and all the host of them. And 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. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.



# Genesis 1:31

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.



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Finished.



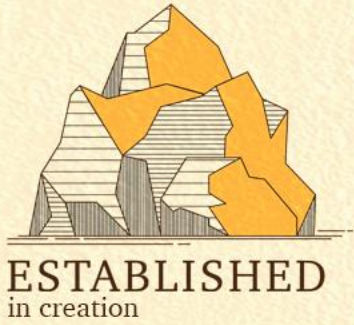
ESTABLISHED  
in creation

Finished.  
Very good.



ESTABLISHED  
in creation

Finished.  
Very good.  
Rested.



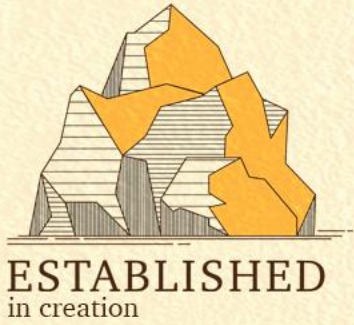
## Mark 2:27

And he said to them, “The Sabbath was made for man, not man for the Sabbath.”



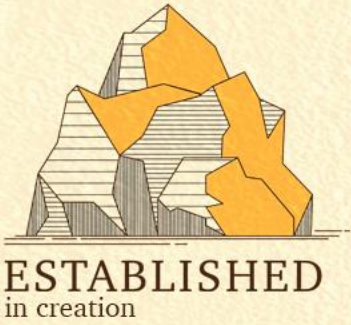
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# Gift before command

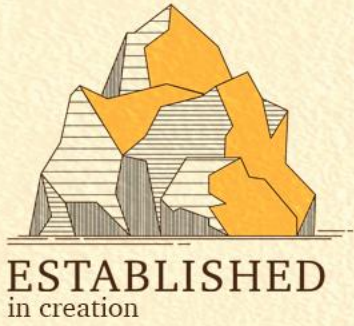


## Genesis 3:7

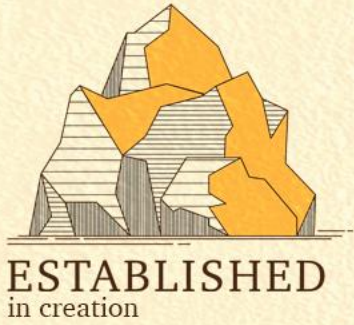
Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.



The first human project  
after the fall is  
concealment

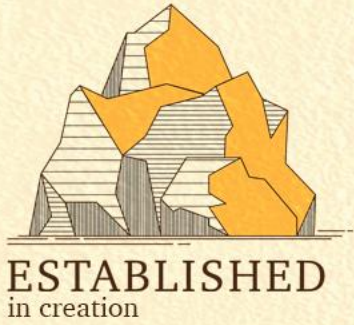


What project are you working on?



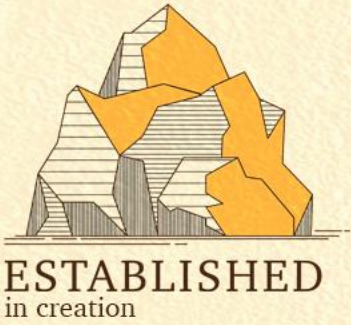
What project are you working on?

What are you trying to prove?



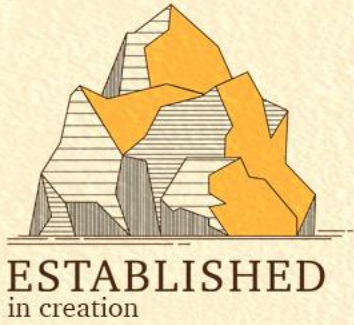
# Career

The resume impressive enough to cover the failures you're afraid of people knowing about



# Religion

Jumping through all the right hoops so God will  
approve of us



# Wellness

The curated version of rest we track  
or post about



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Every religion in the history of the  
world is some version of try  
harder



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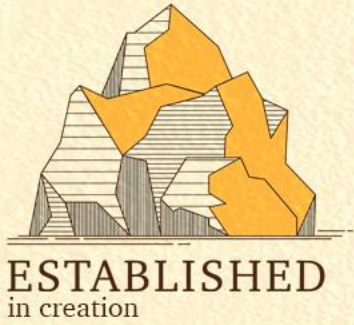
## John 19:30

Jesus said, “It is finished,” and he bowed his head and gave up his spirit.



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It is finished.

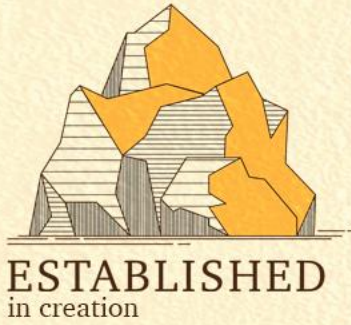


A work before the work  
has already been done



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in creation

Thy righteousness is in  
heaven



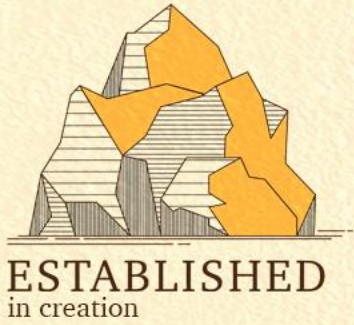
## Hebrews 4:9–10

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.



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The seventh day that  
never ends



## Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.



ESTABLISHED  
in creation

Finished.



ESTABLISHED  
in creation

Finished.  
Very good.



ESTABLISHED  
in creation

Finished.  
Very good.  
Rested.