

Rest in the Goodness of God

SCRIPTURE: **Genesis 2**

- We now know that God is **Elohim**, which means He is ALMIGHTY and therefore we should stand in awe of Him and honor Him.
- We look all around us and we see proof of God's goodness.

Four Provisions showing God's Goodness:

1. REST

- Genesis 2:1-2
- Does God really need rest? In Genesis 2:3 it tells us that **God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.**
- God made the Sabbath not for Himself but for man to rest.
- Exodus 20:8-10 says **Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, you or your son or your daughter, your male or female servant or your cattle or your sojourner who stays.** This is actually the fourth commandment.
- The Sabbath is a day to stop working. The day may vary depending on what day you start your first day of work but the principle does not change.
- But other than just resting we are told in Deuteronomy 5:14 that we were once slaves but because of the power and grace of an Almighty God we were freed. On the Sabbath, we need to focus on the Lord. To remind ourselves that He is not just Creator but He is Savior & Redeemer. (read also Romans 14:5-6)
- We are also to rest spiritually. Jesus tells in Matthew 11:28-29 **Come to Me, all you who are weary and heavy-laden, 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.**
- The Sabbath day is a weekly reminder of who God is, and who we are. We are not in charge, God is. It takes faith in God's goodness to observe the Sabbath.

2. RESPONSIBILITY (WORK)

- Rules and Responsibilities go together. Good work arises from following rules and regulations.
- Genesis 2 tells us of the creation of man, but more specifically how God cares for us so that He had created a special place for us.
- God had given us RESPONSIBILITY (WORK). Genesis 2:15 says **Then the Lord God took the man and put him into the Garden of Eden to cultivate it and keep it.** This tells us that God wants to partner with us. He did not give us work to punish us. Before sin came into the world, work was not difficult.
- God took care of everything for Adam. He prepared the garden for man and then gave him the work of cultivating and caring for it.
- Work is a creative energy that you put into something in order to be able to bless others. Work is not just going to the office, but it could be managing the house or serving your family.
- Work is important. It is a privilege, a partnership with God. We were created to reign in all His creation to represent Him. The Apostle Paul in 2 Thessalonians 3:10-11 teaches that if a person is lazy and does not work then they should not eat! Others over work for the money, pleasure, fame and significance they hope to get from it. But work cannot take the place of God.
- Work has dignity, wherever we work and whatever our work, if we are doing it for the Lord. So work heartily with your best i.e. come on time to work, give a smart report, perform excellently, because you represent God in your work and it is your place of ministry
- Read also Ecclesiastes 3:13, psalm 19:7-8;11,
- Furthermore God wants us to work because He wants us to become a blessing to others. (Ephesians 4:28)

- For us NOT to work has consequences. 2 Thessalonians 3:10-11 says that if we do not work then we are not to eat either.
- Our mindset toward works should be Colossians 3:22-24 **Slaves, in all things obey those who are your masters on earth, not with external service but with sincerity of heart, fearing the Lord. Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.**

3. RULES

- We naturally do not like rules. But if we understand the purpose of rules, we will enjoy following them. Rules protect us and enable us to enjoy life. Life without rules or boundaries will not be enjoyable and will be a mess.
- Alongside the work that God gave man, He also gave man rules. Genesis 2: 16-17 says **The Lord God commanded the man saying "From any tree of the garden you may eat freely; but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.**
- These are rules given to us by a good God. . . not because he wants it to become difficult and restricting but rather He gives us rules so that there will be order.
- God gives us rules for our good because He loves us and cares for us.
- There are consequences of not following rules.
- God provided man with responsibilities and rules:
 - To rule and Subdue Genesis 1:28
 - To cultivate and keep Genesis 2:15
 - To Obey Him Genesis 2: 17

4. RELATIONSHIPS





- God provided man with relationships for our own good.
- Genesis 2:18 says **Then the Lord God said "It is not good for man to be alone; I will make him a helper suitable for him.**

What then are the reasons why there is a lack or absence of rest?

- Hebrew 3:18-19
- If we do not obey all of God's commands then His presence will not be with us.
- If we truly believe in God then we will obey Him. When we trust and obey Him we experience His rest. We should not be like the Israelites who did not enter into the Promised Land and His rest because of their unbelief and disobedience

APPLICATION:

Patently listen as God reveals where you can apply the passage's lesson in your life. Write down specific action points to what He has revealed to you.

	<p>Personal: Do you observe a day of Sabbath? How do you do this? If not, why can you not rest on the Sabbath? Is there a command that you are having difficulty obeying?</p>
	<p>Family: Have you and your family experienced the goodness of God? What are some of God's goodness that you have experienced. What is your response to this realization of God's goodness?</p>
	<p>Discipleship: Have you shared God's love with anyone lately? Is God's love prompting you to open yourself to a discipleship relationship?</p>
	<p>Church/ Ministry: Is God prompting you to work in His ministry? How can you best reflect God's grace and love in your community?</p>

PRAYERS:

Lift all the things that you learned back to God. Share your thoughts to Him. If He is impressing a sin in your life, confess it to Him. He is always ready to forgive.