

# *Time for Rest*



# Genesis 2:1-3

Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> 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. <sup>3</sup> 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.

God rested from His work; so  
should you.

## Mark 6:30-32

<sup>30</sup> The apostles returned to Jesus and told him all that they had done and taught.

<sup>31</sup> 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. <sup>32</sup> And they went away in the boat to a desolate place by themselves.

We need to rest - even from  
good work

# Psalm 127:1-2

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.

<sup>2</sup> 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.

Overexerting yourself is  
pointless if God is not at work

Sleep is a gift from God to the people He loves. Accept the gift.