



Genesis
Walking with God



Sabbath Rest
(Gen 1:31-2:3)

Video

“Breathe” – Johnny Diaz



Genesis 1:31-2:3

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. ¹ Thus the heavens and the earth were finished, and all the host of them. ² 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. ³ 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.

Deut 5:12-15

“Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

Mark 2:27-28

²⁷ And he said to them,
“The Sabbath was made
for man, not man for the
Sabbath. ²⁸ So the Son of
Man is lord even of the
Sabbath.”



A Restless Culture

The Prize of Productivity

The Promise of Technology

The Pitfalls of Leisure



Our Need for Rest

Physical Rest

Emotional Rest

Spiritual Rest



Psalm 46:10

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”



Steps to Take

Schedule It & Prioritize It
Learn to Say No

“Disconnect”

Rest, Remember, Worship

