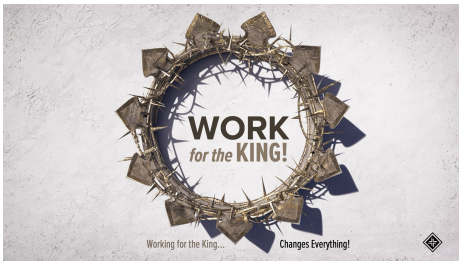
# NEW LIFE CLASS

BRIDGING THE GAP

BETWEEN BIBLICAL LEARNING AND RADICAL LIVING




Pastor-Teacher | Chris Regas | 11.1.2026

# Work and Freedom to Rest

Lesson Seven • Colossians 3:22–4:1

***Jesus' work <u>TRANSFORMS</u> our work into worship!***

We should **<u>IDENTIFY</u>** with King Jesus in our work rather than making an ***idol*** of our work or being ***idle*** in our work!

*We should worship while we work, so that our work does not become our god and we don't see it as four-letter word!*

***Christ is the Master you must now serve with sincerity of heart!***

With a ***NEW BOSS*** who is the King!

With a ***NEW REWARD*** from the King!

**In Christ You Are a New Creation with a New Job**

*Colossians 3:22-24*

With a ***NEW ASSIGNMENT*** for the King!

With a ***NEW CONFIDENCE*** in the King!

Do people want what you are *showing them* at work?

Does *how* you are working on Monday make them thirsty for more of the God you say you worship on Sundays?

**Set Free to Enjoy Rest While Working for the King!**

*"Being a Christian in the workplace means the truth of the gospel should work itself out in every detail of your life, including your job."*
*Sebastian Traeger and Greg Gilbert, The Gospel at Work (46)*

## 1. In Christ You Have Been <u>SET FREE</u> to Work for the King!

- Set free to **<u>WORSHIP</u>** God through your work. *Colossians 2:6-7*

- Set free to **<u>SERVE</u>** others unselfishly. *Colossians 3:1-14*

*Put on a heart of compassion…even at work!*

3. Set free to **<u>TRUST</u>** God with your work. *Colossians 3:23-4:1; Matthew 6:24-34*

4. Set free to **<u>EXCEL</u>** at your work no matter what. *Colossians 3:22b-231*

5. Set free to **<u>REST</u>** from your work without guilt or worry.

*Work without rest is a rut and rest without work is bore!*

## 2. In Christ You Have Been Set Free to <u>ENJOY REST</u> from the King!

**Seven Biblical Reasons Why Work and Rest Go Together**

1. God rested after 6 days of creation work. *Genesis 2:1-3*

2. God commanded (4th) Israel to rest after 6 days of work and to let the land rest after working it for 6 years. *Exodus 20:8-11*

3. God gave Israel rest in the Promise Land after their work of conquering God's enemies. *Joshua 24:4-6*

4. Jesus' ministry on earth followed a flexible cycle of work and rest. *Mark 1:33-39; 6:31, 45-47; Luke 6:12; 9:28*

5. Jesus sat down at the right hand of the Father after accomplishing His work of redemption. *Hebrews 1:3, 13; 10:11-14*

6. God has provided a **PRESENT** rest for us in Christ, so we no longer seek to work for our salvation! *Hebrews 4:9-11*

7. God has promised a **FUTURE** rest for us in Christ during the Millennial Kingdom and New Creation, where we will rest having overcome our enemies yet still work for the King in a curse-free environment! *Revelation 14:13*

**What Is Rest?**

1. A *call* from our *Creator God* to a healthy **RHYTHM** in a productive work cycle.

   *"Our Creator is a gracious God who calls us, not to endless labor, but to a healthy rhythm of work and rest." (54)*

2. A *gift* from our *Gracious God* for us to **ENJOY** on a nightly and weekly basis.

   *"It's a gift that reminds us we are dependent on God and allows us to enjoy the fruit of our labors––even when our work on this earth feels endless!" – Sebastian Traeger and Greg Gilbert, The Gospel at Work (54)*

3. A *reminder* from our *Sovereign God* that **EVERYTHING** comes *from* Him, *through* Him, and *for* Him.

   *Without Him we can do nothing. Apart from Him we have done nothing.*

**Two Distorted Views of Rest**

1. When we are ***idle*** in our work and view it as nothing – *we* **REVERE** *and* **RELISH** *rest!*

2. When we ***idolize*** work and worship it like a god – *we* **RESENT** *and* **RESIST** *rest!*

**Five Next Steps**

1. Set natural **BOUNDARIES** between your job and other areas of life. *Colossians 3:1-4:4*

   **Paul's Pentathlon:** *Personal Life, Church life, Family life, Work Life, Community Life!*

2. Establish a morning and evening routine of **THANKFULNESS**. *1 Thessalonians 5:16-18*

3. Give your **SUNDAYS** back to the Lord and His people. *Revelation 1:9-10*

4. Work hard at getting enough of the **KIND** of sleep that the Lord blesses. *Psalm 127:2; 3:5, 24; 4:8; Proverbs 19:23; Ecclesiastes 5:12*

5. Take periodic **FASTS** from technology, screens, and social media. *1 Corinthians 6:12-13*

**You Have Been Set Free to Enjoy Rest While Working for the King...*No Matter What!***

*So, Work Like It, Because Working for the King Changes Everything!*