

Learning to Rest

God's Creative Process – September 28, 2025 – Pastor Jason

Genesis 2:1-3 (NLT) *1 So the creation of the heavens and the earth and everything in them was completed. 2 On the seventh day God had finished his work of creation, so he rested from all his work. 3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

Exodus 20:8-11 (NLT) *8 "Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the LORD your God... 11 For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.*

Days 1 -5 God called _____...

Day 6, God called _____...

Day 7 He called _____.

A weekly Sabbath is not _____ time. It's how God renews His creative work.

Romans 14:5-6a (NLT) *5...some think one day is more holy than another day, while others think every day is alike. You should each be fully convinced that whichever day you choose is acceptable. 6 Those who worship the Lord on a special day do it to honor him.*

- 1. We need a Sabbath so God's creative process can begin _____ in us.**
- 2. We need a Sabbath to be reminded that we're _____ God.**

MY NOTES

3. We need a Sabbath to pause and recognize how God has been _____ in our lives.

Genesis 1:31 Then God looked over all he had made...

"Sabbath rest is a _____ we respond to, not the _____ of nothing left to do."

A Sabbath isn't a reward for diligence or _____. It's a vital part of every believer's life who desires to be _____ in God's Kingdom.

Sabbath is about taking time to _____ what God has done.

When we don't take time to _____ God's faithfulness in our past, we're likely not to _____ His faithfulness for what lies ahead.

Psalms 46:10 (NLT) "Be still, and know that I am God!"

Pastor's Blessing

- Be blessed as you allow God's creative process to continually operate in your life, making you into everything He has designed you to be.
- Be blessed as you remember that a Sabbath isn't a reward for your accomplishments but a gift from God because He loves you more than you can imagine.
- Be blessed as you remember God's faithfulness in your past so you can trust His faithfulness for what lies ahead.
- Be blessed today in Jesus' name.

MY NOTES