

The Goal of Life

With the fall (Gen 3) .. WORK becomes hard and REST is shattered, and the theme of REST runs through the whole Bible – it gets codified into a SABBATH (Heb. “cease” or “rest”) in Ex.20:8 & Deut.5:12f. What are the reasons given for Sabbath commandment?

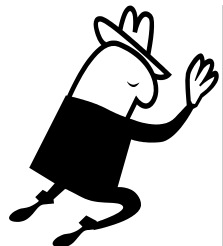
What is being said in these verses about Sabbath?

Ex.23:10-12,
Lev. 25:8-17
Ex.31:12-17
Deut.12:7-11
Psalm 95:8-11

At what period of time did Israel as a nation enjoy God’s REST?

Read **Mark 2:23-3:6** What is Jesus doing in this passage? (cf. Matt. 11:28)

Read **Hebrews 3:7-4:11** What is the REST that we are still to enter? (cf.Rev.14:13) How do we enter? (c.f. Matt. 11:28)



PRAYER POINTS (either in pairs or as group)

- Praise the Lord for the fact that He made us for meaningful and joyful relationships
- Pray that we’ll constantly be working at all our friendships and relationships considering one another and our needs but putting Christ first

The BEGINNING ...

Of The END!

Genesis 2:1-3



STUDY FOUR

ICE BREAKER IMAGE OF GOD: WORK & REST

WHAT DO YOU THINK OF WORK?
SHOULD WE HAVE “CAREERS”?



STUDY ... READ *Read Genesis 2:1-3*

Is there anything that that seems different in this 7th day compared to the other six days?

READ **Hebrews 4:1-11** ... how does this passage reflect on Genesis 2:1-3?

Work

An expression of the RULE of man is when God placed him in the garden, 2:15 ***The LORD God took the man and put him in the Garden of Eden to work it and take care of it***

What gives work dignity in the creation account?

Read **Ecclesiastes 2:20-23** Do you agree with the comment made here? Is this what most people think about work?

Why do we work? What's your attitude to work?

Why do people become "workaholics" do you think?

Rest

When God had finished all the work of creation, He rested (Gen.2:1-3)
What do you think that means as it's not as if He was exhausted from his work?

The rhythm or cycle that is introduced here for us, made in the image of God, is WORK and REST .. we need to rest well so that we can work.
What is your pattern of REST?

What is your attitude to WORK?

How do your answers fit the Bible's emphasis?

What might need to change for you to re-arrange your lifestyle in order to reflect a godly pattern of WORK and REST?