

Rest

Scripture: Genesis 2:2-3; Matthew 11:28-30

1. Rest was created by God – Genesis 2:2–3
2. Rest is fulfilled in Christ – Matthew 11:28-30
3. Rest is fully realized in eternity – Revelation 14:13

ONE THING

God built rest into creation before humanity ever did anything to earn it. Sabbath rest isn't a prize for productivity— it's a pause for greater presence, saying to God, you are enough!

He says, "Be still (STOP striving, STOP panicking, STOP trying to control), and know that I am God. - Psalm 46:10

Life Group Guide

For the week of September 7, 2025

"... train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." (1 Timothy 4:7-8 ESV) Eight Habits of a Transformed Life is a sermon series that invites us to explore the foundational spiritual disciplines that help believers deepen their relationship with Christ. Each week focuses on one key discipline, offering biblical insight, practical application, and encouragement to adopt it as a lasting spiritual habit.

1. For further study, read Psalm 90. What do you see of the contrast between God's rest in creation and our lack of rest from the fall in verses 1-6?

2. Jeremy Pierre says that Psalm 90 is a weary Moses reckoning with God about the restlessness of life in the wilderness of the Exodus. How does God sometimes withhold rest from us to work out trust in him (verses 7-11)?

3. Psalm 90:12-17 shows that the Lord compassionately gives us rest in part in this world, more fully later. Like Hebrews 4:9-11, how can we experience partial rest through God in this world as we anticipate the full rest God promises?

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