

Main Idea: God-honoring hard work and rest are both acts of worship and should point to the glory of God.

“The essential goodness and God-givenness of work means that we must not dichotomize work as an evil necessity and leisure as where we find pleasure and self-fulfillment. To demand that leisure compensate us for working hard is to ask too much of it. Work when done for God’s glory and the good of others has a measure of inherent reward. Leisure is not the reward we get for work; we do not earn it. Work and leisure are both gifts.” – John S. Hammett¹

Truths about hard work:

- God created work for mankind _____ the Fall – Genesis 2:15 (hard work not to be confused with life-destroying “slave” labor, Rev. 21:4)
- Hard work helps us _____ unnecessary temptations – Ephesians 4:28
- Hard work enables us to _____ others – Ephesians 4:28
- Hard work _____ the image of our Creator

Truths about rest:

- God set the _____ for rest: Work, then rest – Genesis 2:1-3
- Regular times of rest _____ God’s example – Exodus 23:13
- Rest reminds us that we are not in _____ – James 4:13-16
- Rest _____ us & is a picture of heaven – Revelation 14:13

Key: before/avoid/help/reflects/example/reflects/control/restores

¹ John S. Hammett, “Human Nature,” in, Daniel L. Akin, ed., *A Theology for the Church* (Nashville: B&H, 2007), 397.

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Truths about hard work:

- God created work for mankind **before** the Fall – Genesis 2:15 (hard work not to be confused with life-destroying “slave” labor, Rev. 21:4)
- Hard work helps us **avoid** unnecessary temptations – Ephesians 4:28
- Hard work enables us to **help** others – Ephesians 4:28
- Hard work **reflects** the image of our Creator

Truths about rest:

- God set the **example** for rest: Work, then rest – Genesis 2:1-3
- Regular times of rest **reflects** God’s example – Exodus 23:13
- Rest reminds us that we are not in **control** – James 4:13-16
- Rest **restores** us & is a picture of heaven – Revelation 14:13

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