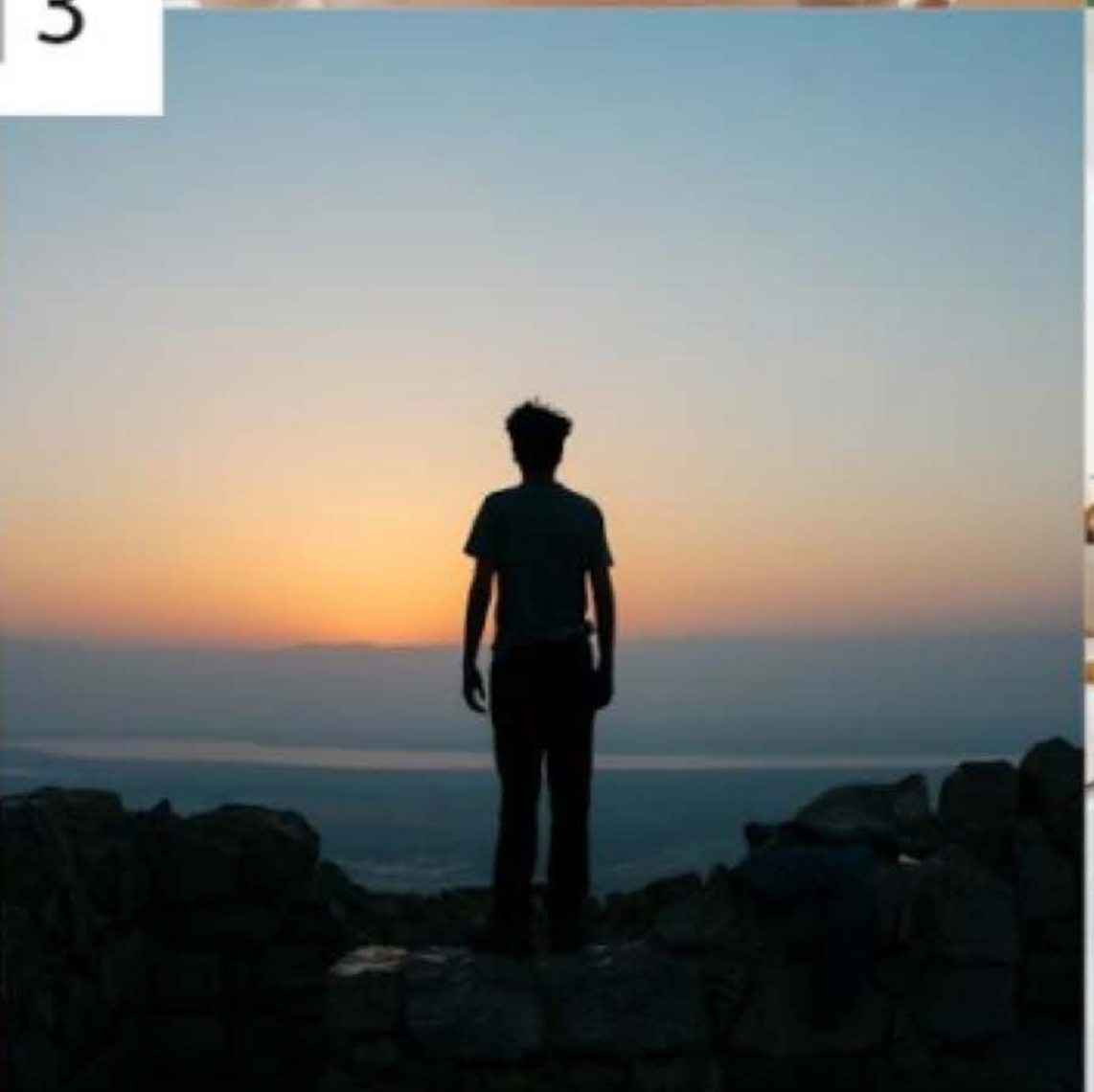
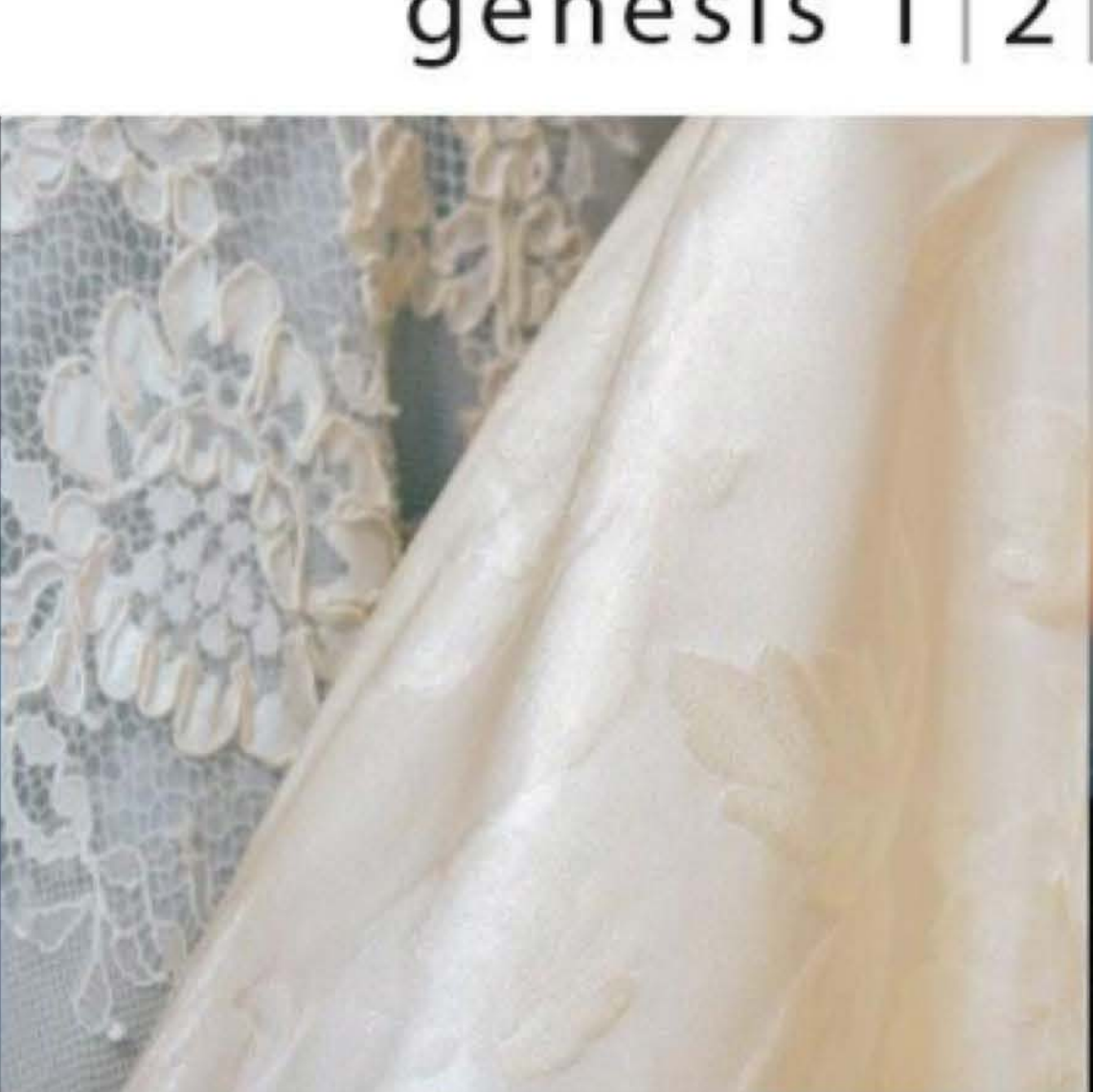
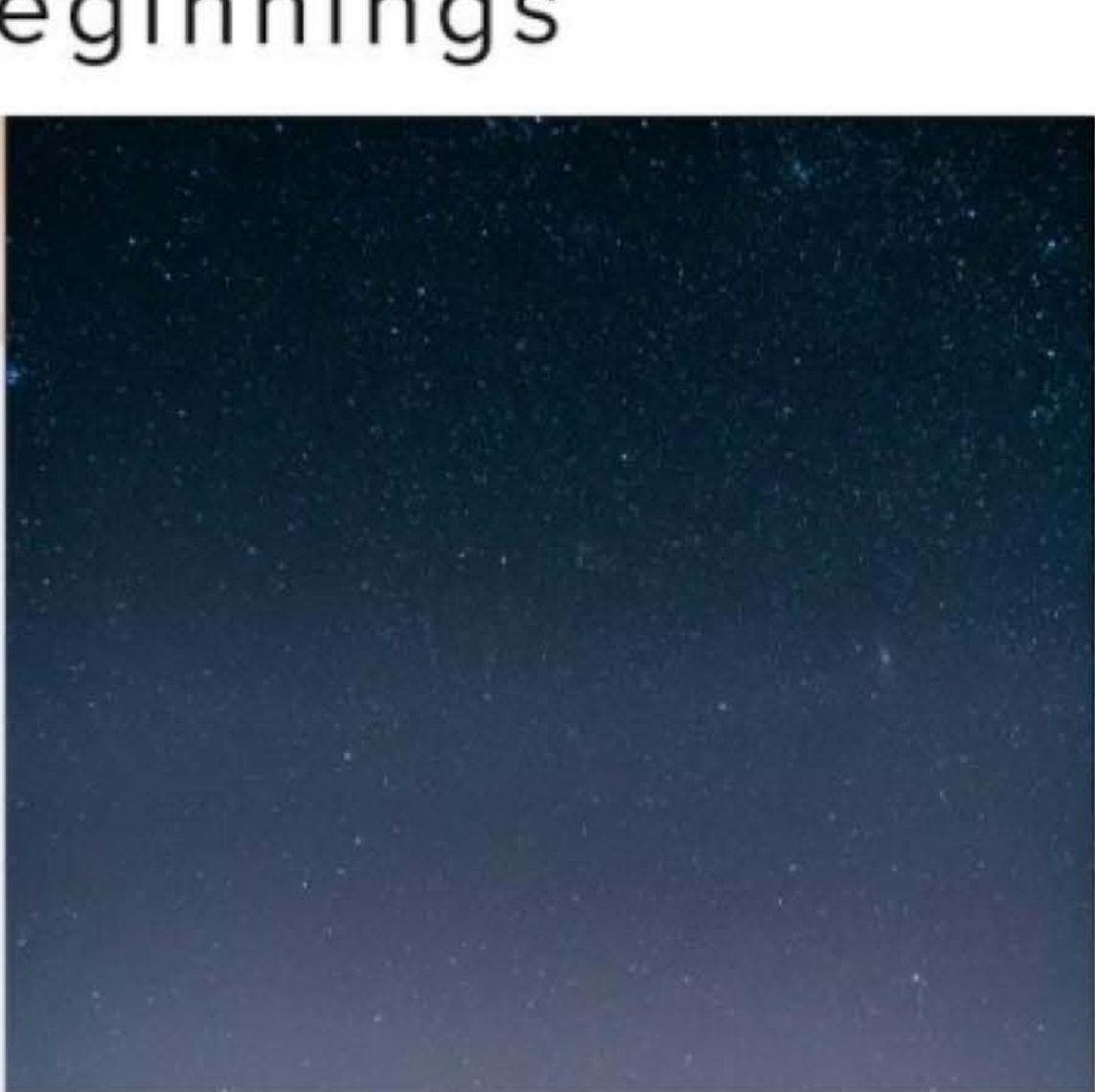
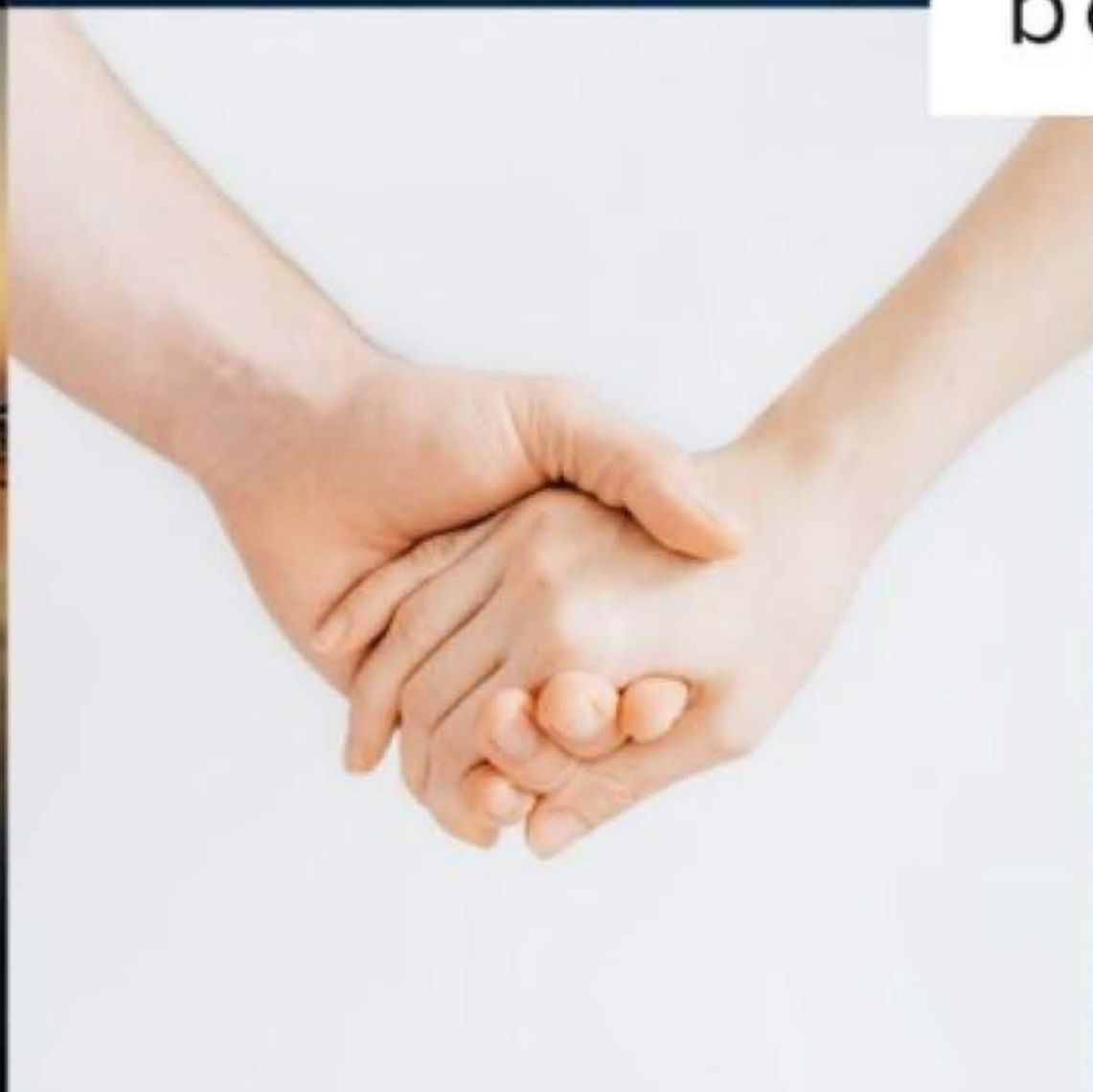
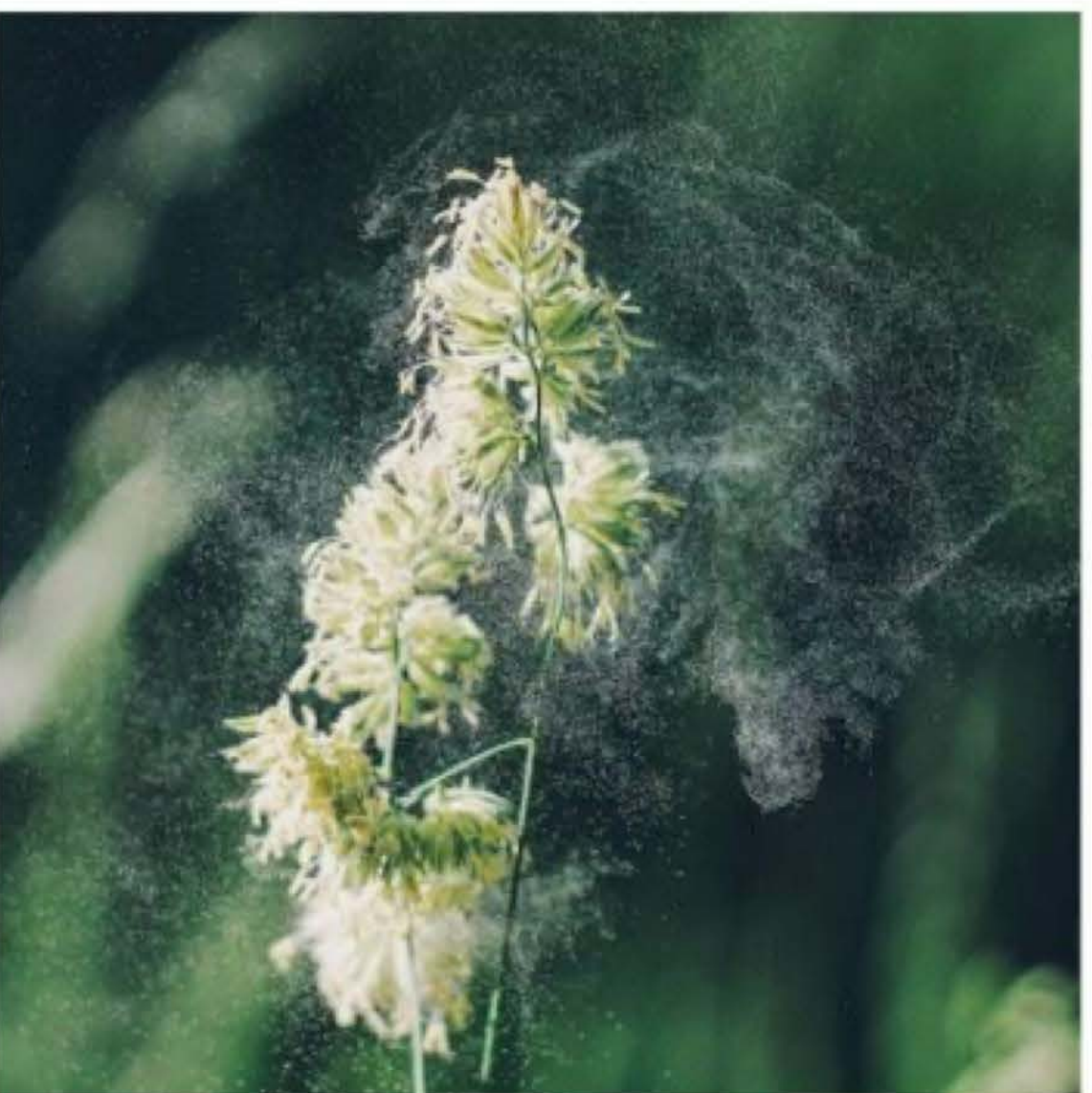
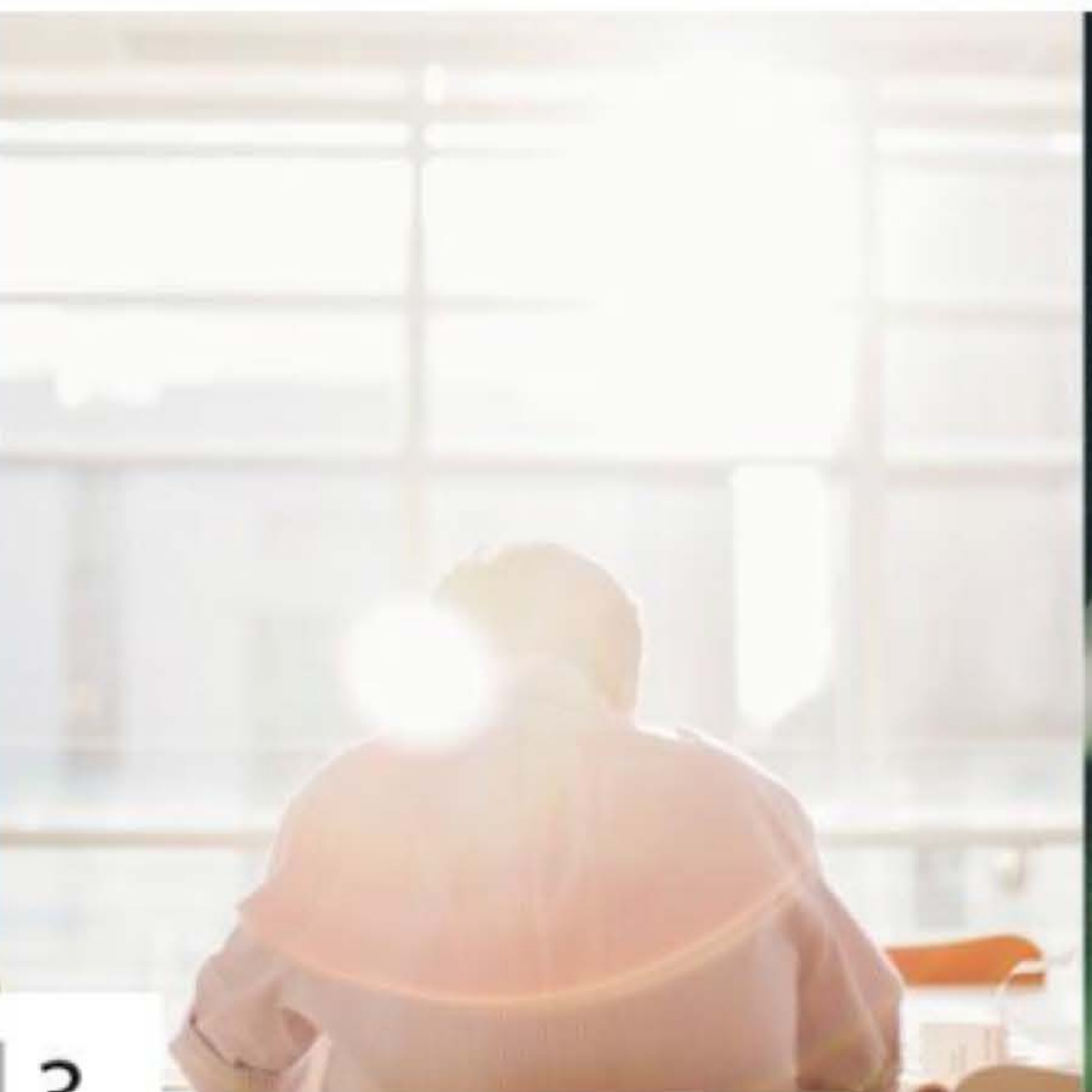
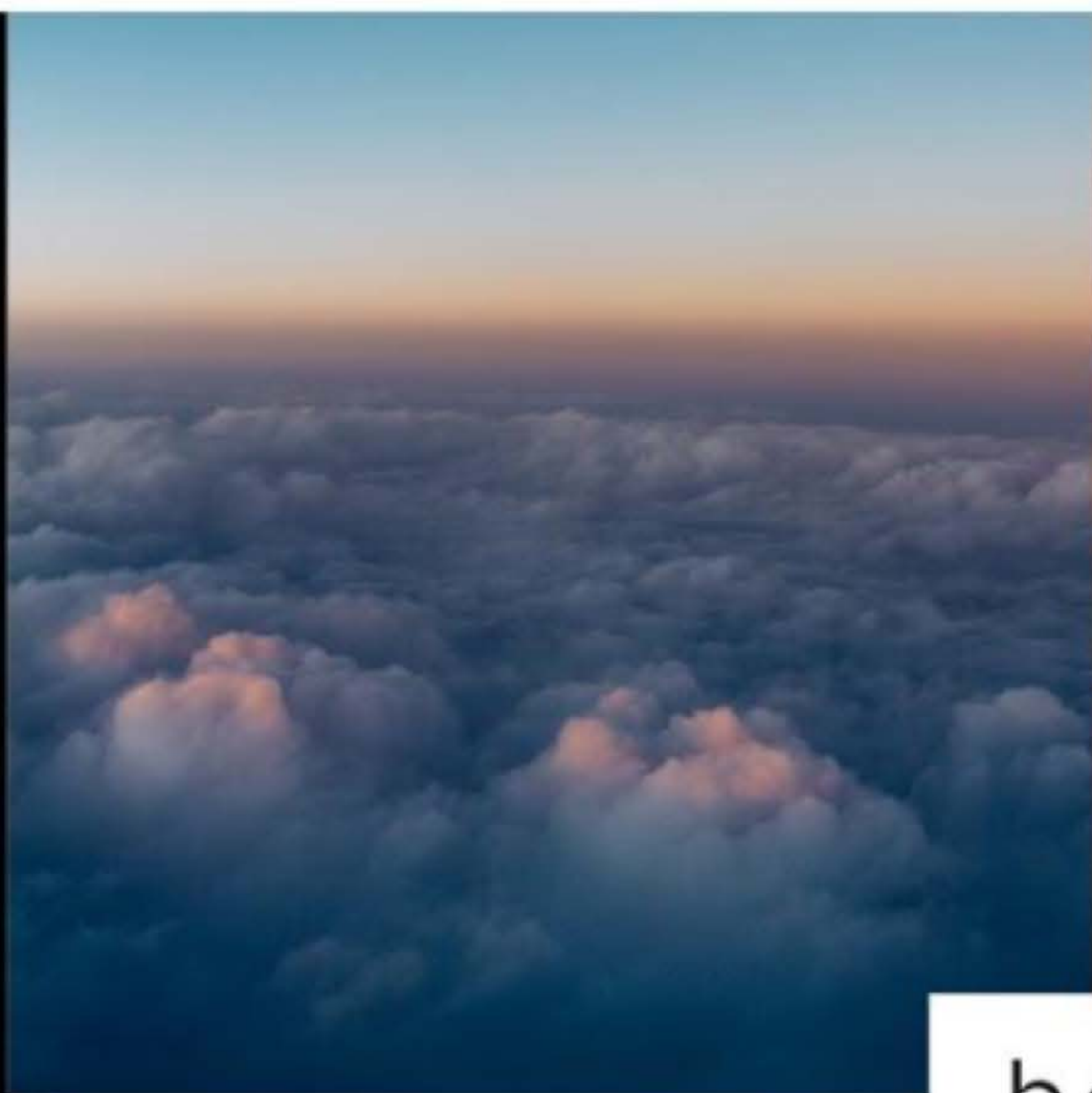


# The Work / Rest Rhythm

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beginnings

genesis 1 | 2 | 3



**Image bearers reflect the person  
and the work of God.**

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**Cleveland Youth Center Boys**  
Basketball | 8-9 yrs old

1. Simon Addington
2. Will Byers
3. Jerrell Caster
4. Billy Chance
5. Parker Drummond
6. John Edmondson
7. Kaden Gregg
8. Samuel Hinton
9. Steven Hall
10. Mac Johansen
11. LeBron James II
12. Keaton Livingston
13. Chase McIntyre
14. Luke Primrose
15. Stanley Rogers
16. Robbie Stanton
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**Image bearers reflect the person  
and the work of God.**

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# Responsibilities of an Image Bearer

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## Procreation

*“be fruitful, increase in number, fill the earth”*

## Dominion

*“subdue the earth, rule over the living creatures”*



## Rhythm of an Image Bearer

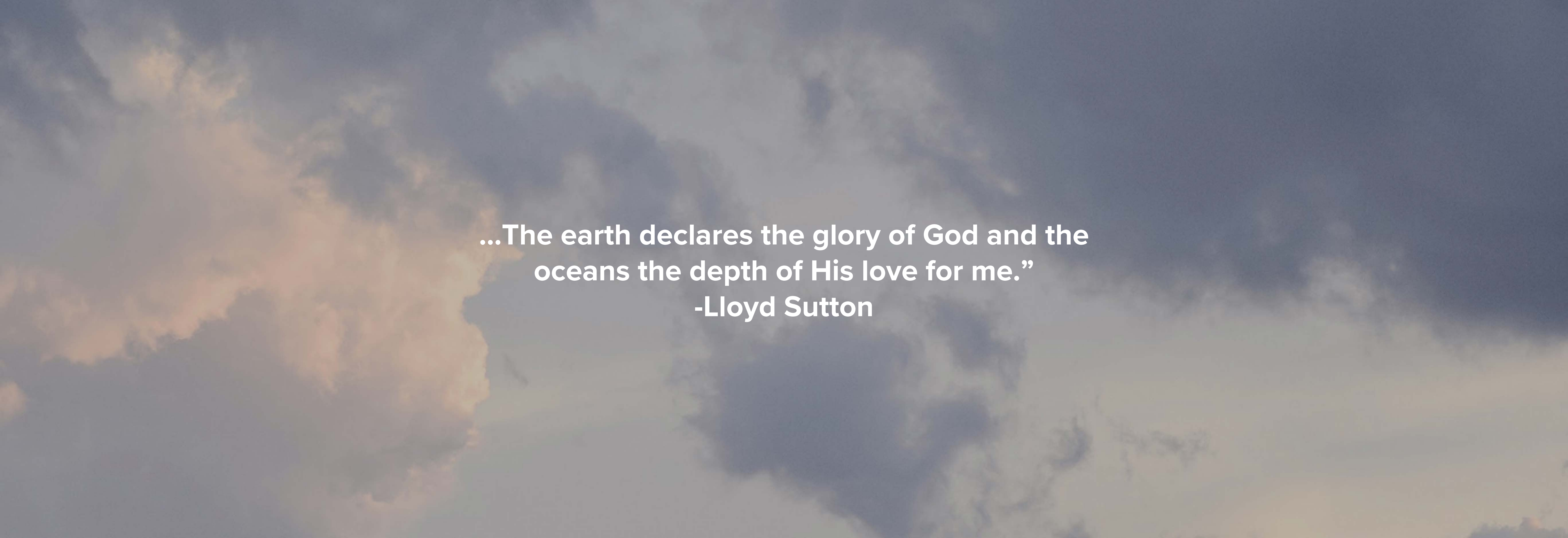
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### Work

*“The Lord took the man and put him in the garden to work it and take care of it”*

### Rest

*“God blessed the seventh day and made it holy, because on it he rested”*



**...The earth declares the glory of God and the  
oceans the depth of His love for me.”  
-Lloyd Sutton**

### Genesis 2:2-3 (NIV)

By the seventh day God had finished the **work** he had been doing; so on the seventh day he **rested** from all his **work**.<sup>3</sup> Then God blessed the seventh day and made it holy, because on it he **rested** from all the **work** of creating that he had done.



**Genesis 2:4 (NIV)**

This is the account of the heavens and the earth when they were created, when the Lord God made the earth and the heavens.

### **Genesis 2:5-6 (NIV)**

Now no shrub had yet appeared on the earth and no plant had yet sprung up, for the Lord God had not sent rain on the earth and there was no one to work the ground, <sup>6</sup> but streams came up from the earth and watered the whole surface of the ground.

### **Genesis 2:7-8 (NIV)**

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. <sup>8</sup> Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed.



**Genesis 2:15 (NIV)**

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

# Theology of Work

## **Genesis 1:26 (NIV)**

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky...”

## **Work is an Image Bearer expression**

Work is not a curse

Work is done for the Lord

Work is a context for living out our faith



# Theology of Work

## **Genesis 2:15 (NIV)**

The Lord took the man and put him in the garden to work it and take care of it.

## **Genesis 3:17-18 (NIV)**

“Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. <sup>18</sup> It will produce thorns and thistles for you, and you will eat the plants of the field.”

Work is an Image Bearer expression

## **Work is not a curse**

Work is done for the Lord

Work is a context for living out our faith

# Theology of Work

## **Colossians 3:23 (NIV)**

Whatever you do, work at it with all your heart,  
as working for the Lord, not human masters.

Work is an Image Bearer expression

Work is not a curse

**Work is done for the Lord**

Work is a context for living out our faith

# Theology of Work

## **1 Corinthians 10:31 (NIV)**

So whether you eat or drink or whatever you do, do it all for the glory of God.

Work is an Image Bearer expression

Work is not a curse

Work is done for the Lord

**Work is a context for living out our faith**

# Healthy Work Ethic

Workaholic

Apathetic



# Healthy Work Ethic

**Workaholic**

**Apathetic**

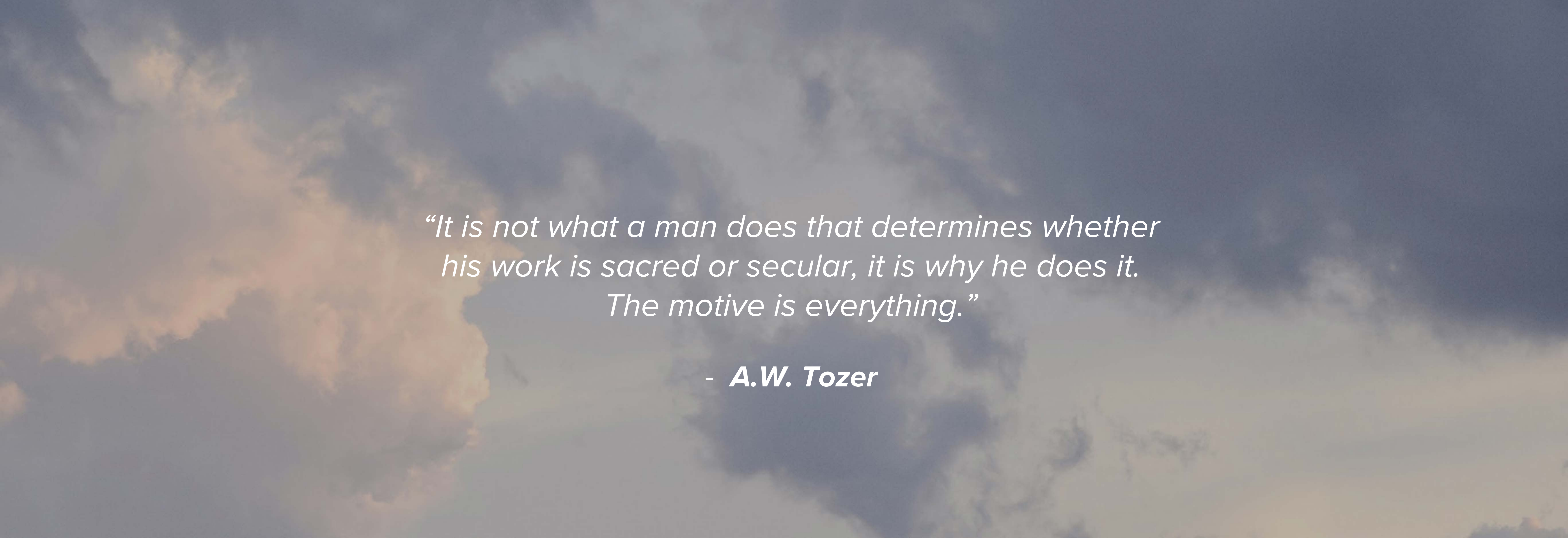


# Healthy Work Ethic

*Workaholic*

*Apathetic*





*“It is not what a man does that determines whether his work is sacred or secular, it is why he does it. The motive is everything.”*

**- A.W. Tozer**

### **Exodus 20:8-11 (NIV)**

Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work... <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.



# Theology of Rest

## **Genesis 2:2 (NIV)**

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

## **Rest is an Image Bearer expression**

Rest is different than play

Rest is not solely designed to enable further work

Rest is holy and sanctified

# Theology of Rest

## **Matthew 11:28 (NIV)**

“Come to me, all you who are weary and burdened, and I will give you rest.”

Rest is an Image Bearer expression

**Rest is different than play**

Rest is not solely designed to enable further work

Rest is holy and sanctified

# Theology of Rest

## Psalm 46:10 (NIV)

He says, “Be still, and know that I am God.”

“Being comes before doing.”

Rest is an Image Bearer expression

Rest is different than play

**Rest is not solely designed to enable further work**

Rest is holy and sanctified

# Theology of Rest

## **Exodus 20:8 (NIV)**

Remember the Sabbath day by keeping it holy.

Rest is an Image Bearer expression

Rest is different than play

Rest is not solely designed to enable further work

**Rest is holy and sanctified**

# Healthy Rest Ethic

Hedonism

Asceticism



**Healthy Rest Ethic**

**Asceticism**

**Hedonism**

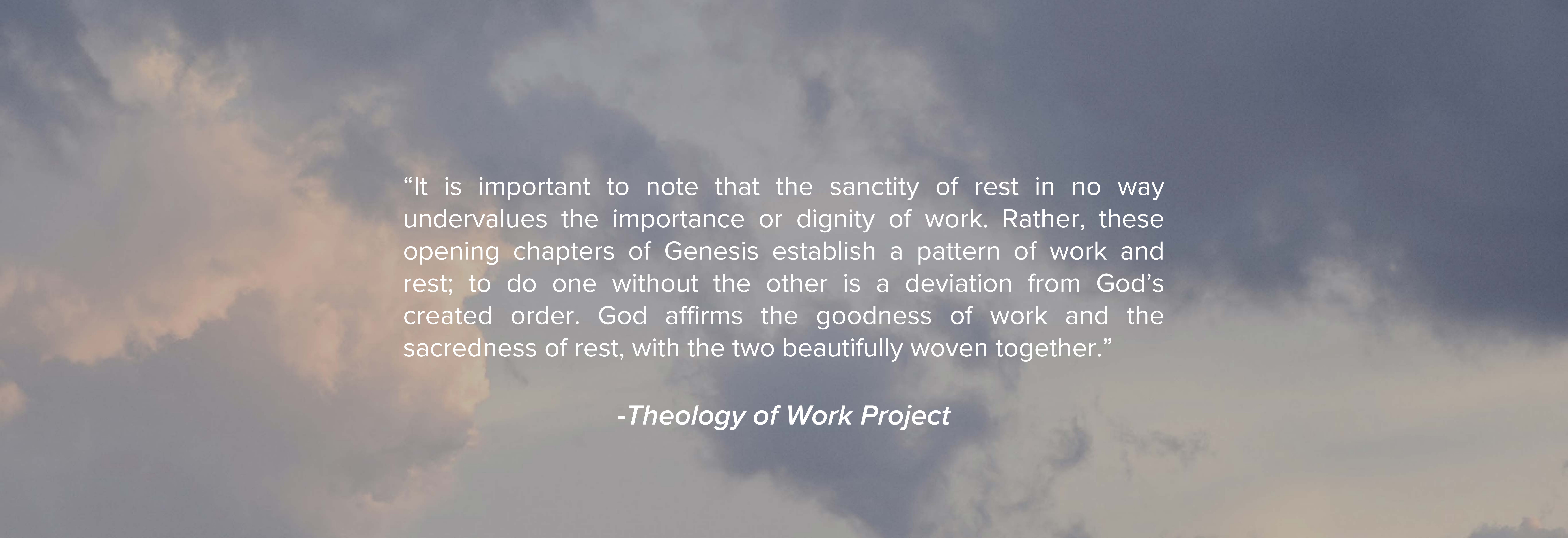


# Healthy Rest Ethic

Hedonism

Asceticism





“It is important to note that the sanctity of rest in no way undervalues the importance or dignity of work. Rather, these opening chapters of Genesis establish a pattern of work and rest; to do one without the other is a deviation from God’s created order. God affirms the goodness of work and the sacredness of rest, with the two beautifully woven together.”

*-Theology of Work Project*



**Glorify God in your work and your rest.**

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