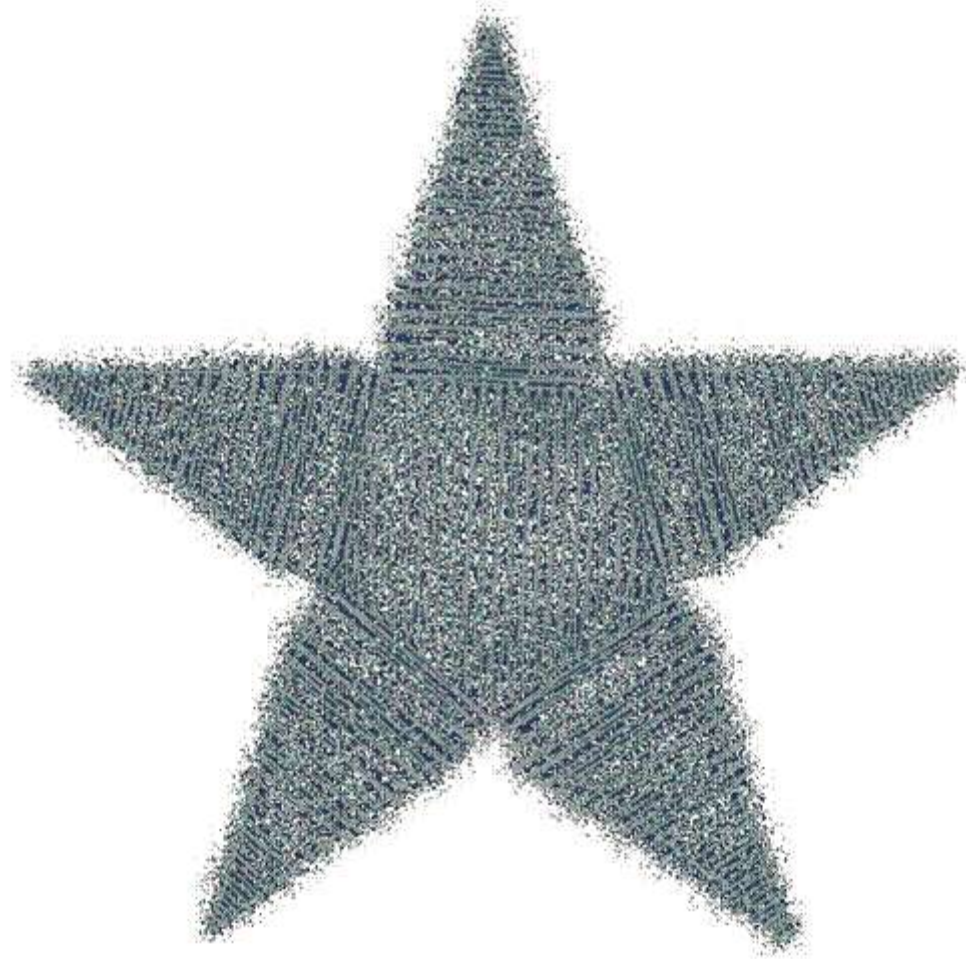


**Shining Like Stars:
Work, Rest & Play**
Genesis 2:1-3

What is Work?

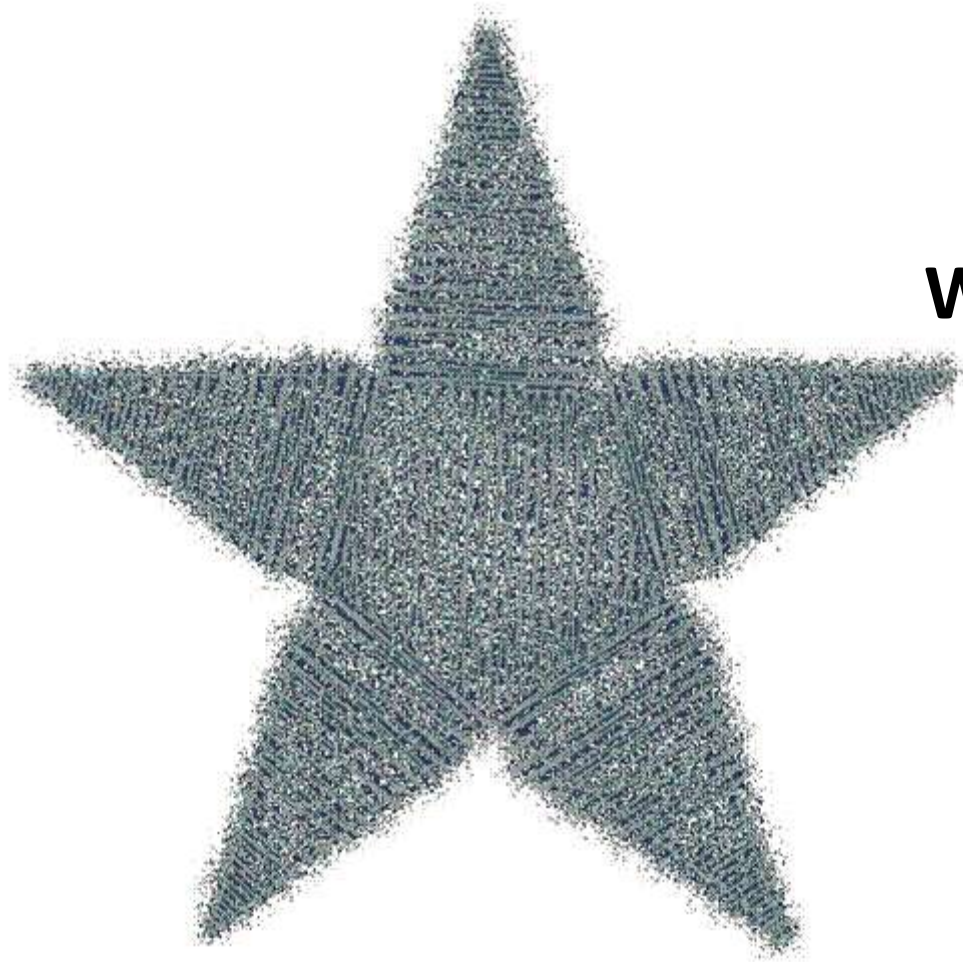


What is Work? A Recap.

- Anything we do that produces a blessing with the abilities God has given us.**
- Earners, keepers, helpers & learners all work.**
- Whatever work we do, we should do it heartily, as to the Lord and not to men (Col 3:23).**
- Submission to our earthly masters is out of active obedience to God & part of living a Christ-centered life.**

***“I believe that God made me for a purpose,
but he also made me fast and when I run I
feel his pleasure.” Eric Liddell***

What is Work?



Why Rest?

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

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 2:1-3 NIV)

8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 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.

(Exodus 20:8-11 NIV)

***Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.
(Deuteronomy 15:5 NIV)***

Why Rest? Because...

- **It is divinely ordained by God.**
- **God instituted it as part of our work-life.**
- **It reminds us of God's centrality in our lives.**
- **It is a blessing from God.**

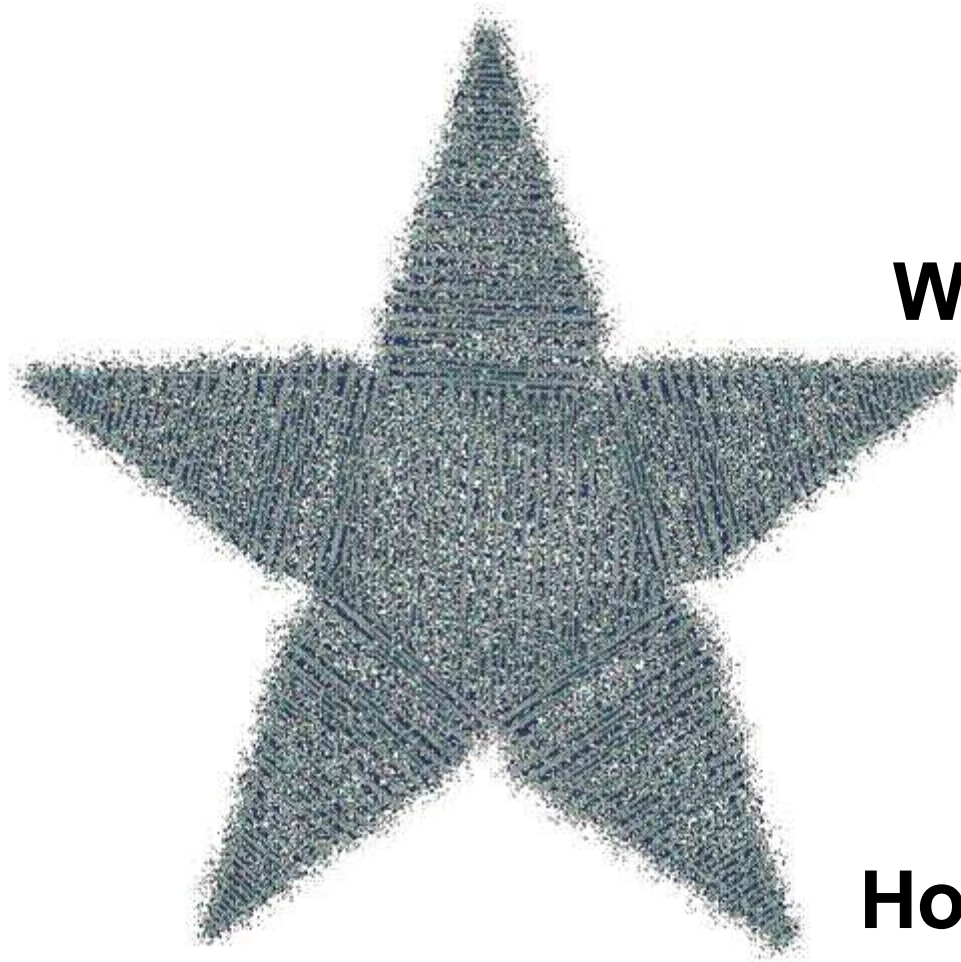
Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone
(Matthew 14:22-23 NIV)

KAR●SHI 過勞死
death by overwork

Why Rest? Because...

- **It is divinely ordained by God.**
- **God instituted it as part of our work-life.**
- **It reminds us of God's centrality in our lives.**
- **We need it. God knows we need it.**
- **Jesus had modeled the importance of rest.**

What is Work?



Why Rest?

How to Rest?

How to Rest?

- **Worship God - Corporate + Personal**

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How to Rest?

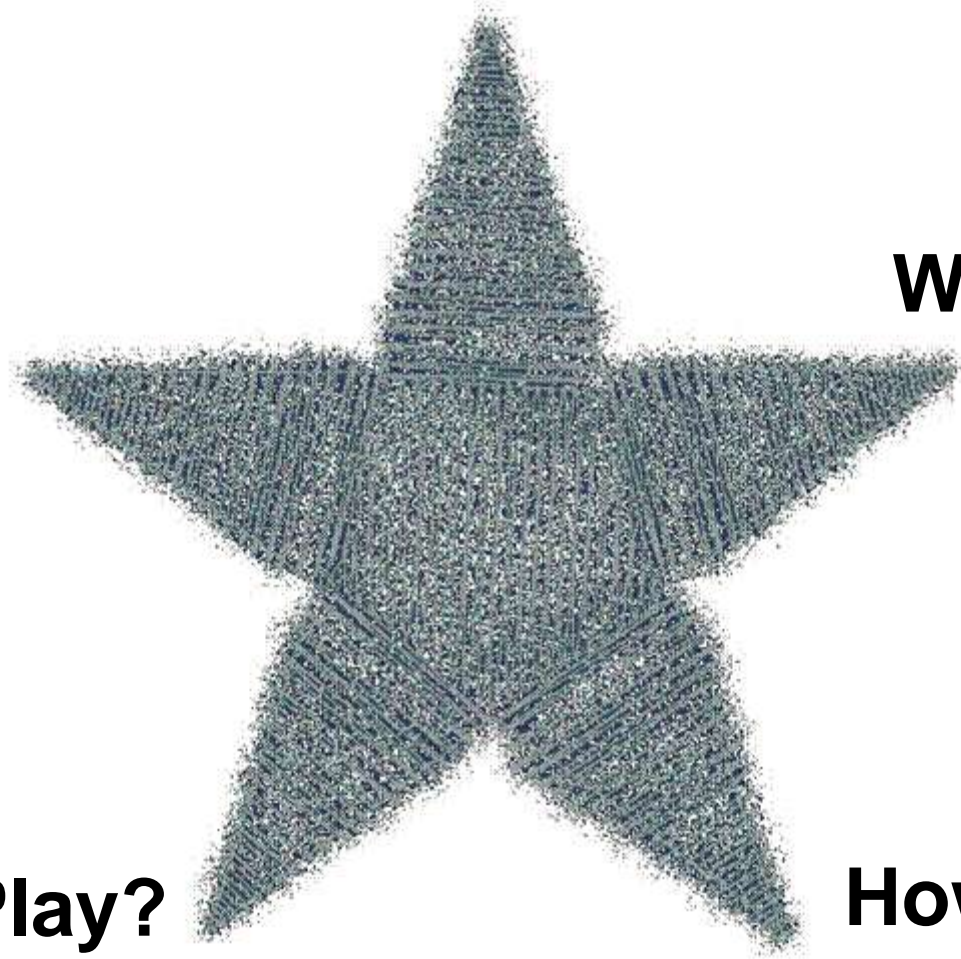
- **Worship God - Corporate + Personal**
- **Recharge physically.**
- **Serve others.**
- **Limit 'unnecessary' connectivity.**
- **Don't idle & be slothful.**

What is Work?

Why Rest?

Can We Play?

How to Rest?



For Our Leisure

- Socialising & cultivating relationships
- Enjoying nature
- Enjoying our God - given capacity for art & music
- Stewarding our physical bodies
- Developing our minds & imagination

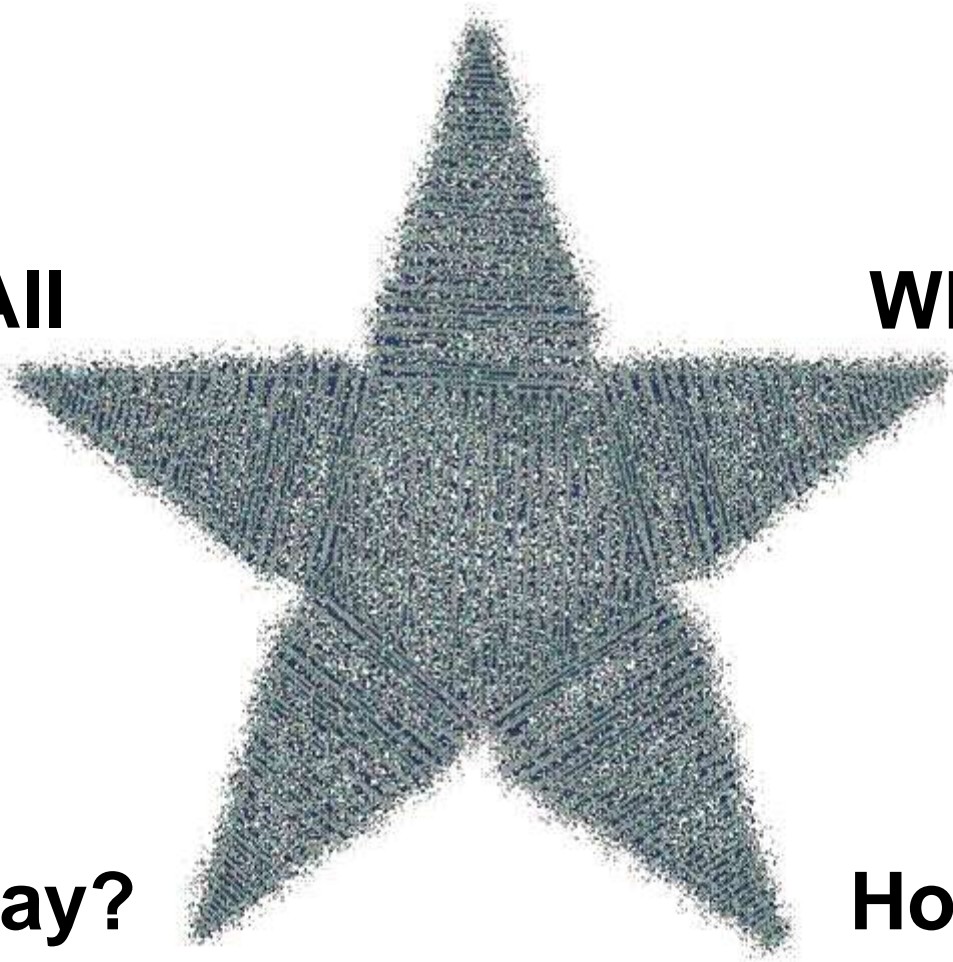
What is Work?

**Putting It All
Together**

Why Rest?

Can We Play?

How to Rest?



Tips for Keeping Rest Time

- Find contentment in our work. Trust God and stop chasing that next Key Performance Indicator.
- Don't choose work that will compromise your time of rest.
- Hang out with people who role model what it means to keep a sabbath, since they got it 'figured out'.
- Be self-disciplined to honour God on the sabbath, not just as a worker, but as a boss and as a father/mother. We influence others' sabbath too and even decide if our children have one!
- Remember that at work, we may be replaceable, but to someone at home, we are not. And to God, we are definitely His unique creation He wants to have a relationship with.

Those who honor me I will honor, but those who despise me will be disdained.

(1 Samuel 2:30b NIV)

When was the last time I...

- **Stopped what I was working on to spend some quiet moments with God?**
- **Intentionally made time to retreat & reflect on my spiritual life or discipleship?**
- **Could confidently articulate the defining quality of my sabbath time?**
- **Talked to God about what my sabbath was?**
- **Switched off my mobile device so that I could devote myself fully to family/ ministry time?**
- **Felt God's pleasure after I did something?**

***“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken.
(Isaiah 58:13-14 NIV)***