

## **Genesis 1:31-2:3**

**God chose to create the world in six days and rest on the seventh.**

This established a work/rest rhythm. *Genesis 1:3-2:3*

**God blessed the seventh day and made it holy.**

He set it apart, consecrated it to holy purposes. *Genesis 2:3*

**Bless [NW1828]:** 4. To set apart or consecrate to holy purposes; to make and pronounce holy.

**Holy [NW1828]:** 2. Hallowed; consecrated or set apart to a sacred use, or to the service or worship of God; a sense frequent in Scripture; as the holy sabbath

**God included the sabbath, the seventh day in the 10 commandments.**

*Exodus 20:8-11 Deuteronomy 5:12-15*

**God specifically calls out a rebellion against the work/rest rhythm.**

*Ezekiel 20*

**Profane [NW1828]:** To violate any thing sacred, or treat it with abuse, irreverence, obloquy or contempt

**Stop:** *Exodus 20:8-11*

**Rest:** *Genesis 2:1-3*

*The Sabbath was made for man, not man for the Sabbath. -Mark 2:27*

**Contemplate:** *Psalm 119*

*5 Examine yourselves, to see whether you are in the faith. [...] – 2 Corinthians 13:5*

**Delight:** *1 Timothy 6:17*