

Genesis 2:1-17 provides us a FOUNDATION FOR THE GOOD LIFE.

God Rested and Designed Us to Rest (Genesis 2:1-3)

1. God rested to reveal His nature to us:

- He is perfect so he stopped because nothing could be improved.
- He is joyful and delights in His creation.
- He is relational and invites us to rest with Him.

2. God rested to model a rhythm we desperately need:

- *"Then he said to them, 'The Sabbath was made for man, not man for the Sabbath.'" (Mark 2:27)*
- *"Remember the Sabbath day by keeping it holy." (Exodus 20:8)*
- *"Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day." (Colossians 2:16)*
- Text REST to (951)425-4425 to learn about a modern sabbath rest.

3. God rested to give us a picture of salvation. Jesus is our sabbath rest:

- *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)*
- *"There remains, then, a Sabbath-rest for the people of God." (Hebrews 4:9)*

God Lives and Gives Us Life (Genesis 2:4-14)

1. Life is a gift, not a guarantee. Value life from the unborn, to people with disabilities, to the elderly!
2. Our value comes from who made us, not what we do.
3. As image bearers, we are called to reflect God.

God Worked and Called Us to Work (Genesis 2:15)

1. Work is God's design, not a punishment. It was "pre-fall".
2. Your workplace is one of your best mission fields.
 - *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Matthew 28:19-20)*
3. Work with excellence as a reflection of Christ:
 - *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." (Colossians 3:23)*

God Chose and Gives Us a Choice (Genesis 2:16-17)

1. Love requires that we are free to choose what we want.
 - *"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love." (Galatians 5:13)*

2. God didn't have to create us or save us, but He chose to:
 - *"For he chose us in him before the creation of the world to be holy and blameless..." (Ephesians 1:4)*
 - *"The Lamb who was slain from the creation of the world." (Revelation 13:8)*

So now it's up to everyone to choose to follow Him once for our salvation and to choose to daily follow Jesus as Lord.