

## **COMMUNITY**

### Healthy Rhythms for Work and Rest

**Establishing a healthy rhythm for work and rest is critical as we seek to build strong relationships and community in our lives.**

**Our work deserves our best effort.**

- God created us for a work to do. (Genesis 2:15)
- Our work is for more than a paycheck. (1 Corinthians 7:17 / Colossians 3:23-24)

**Resting well requires our priority.**

- Even God rested from His work (Genesis 2:1-3)
- Jesus modeled the importance for rest and time for rejuvenation. (Mark 1:35, Matthew 8:23-24, Mark 6:30-31)
- God commands us to rest from our work. (Exodus 20:9-10)

**Resting well is more than just not doing work.**

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# GOD'S WORD FOR TODAY

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## Ecclesiastes 3:9-15

<sup>9</sup> What gain has the worker from his toil? <sup>10</sup> I have seen the business that God has given to the children of man to be busy with. <sup>11</sup> He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. <sup>12</sup> I perceived that there is nothing better for them than to be joyful and to do good as long as they live; <sup>13</sup> also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man. <sup>14</sup> I perceived that whatever God does endures forever; nothing can be added to it, nor anything taken from it. God has done it, so that people fear before him. <sup>15</sup> That which is, already has been; that which is to be, already has been; and God seeks what has been driven away.

## Matthew 11:25-30

<sup>25</sup> At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light."