



**Hope in
Rest**

Rest in Creation

Genesis 2:1-3 - "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

Hope in **Rest**

Rest in Creation

Rest in Sabbath

Exodus 20:8-11 “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Hope in **Rest**

Rest in Creation

Rest in Sabbath

Rest is Lost

Genesis 3:16-19 To the woman he said, "I will surely multiply your pain in childbearing; in pain you shall bring forth children. Your desire shall be contrary to your husband, but he shall rule over you." And to Adam he said, "Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."

Hope in **Rest**

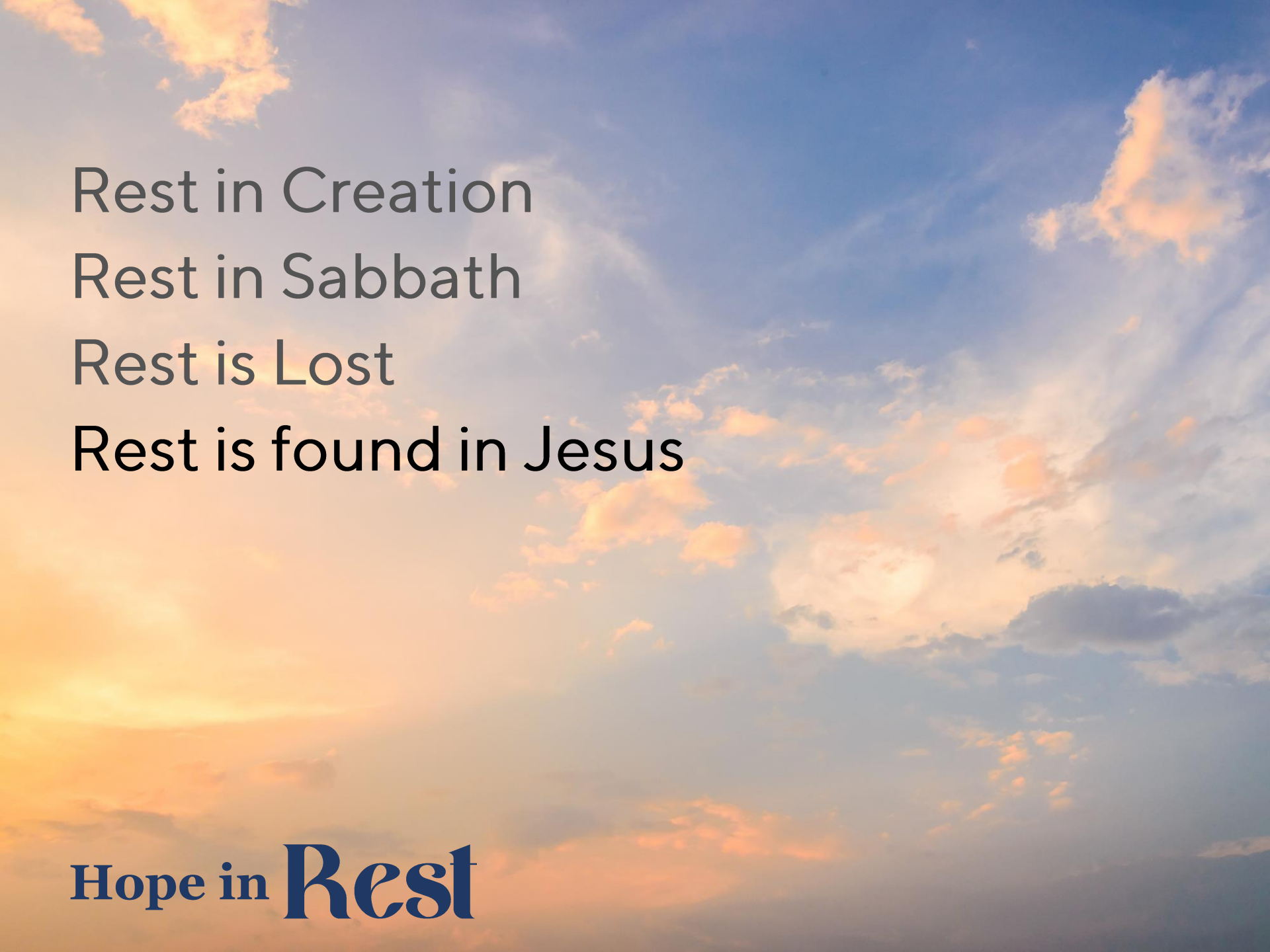
Rest in Creation

Rest in Sabbath

Rest is Lost

2 Chronicles 36:20-21 "He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, to fulfill the word of the Lord by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.

Hope in **Rest**



Rest in Creation
Rest in Sabbath
Rest is Lost
Rest is found in Jesus

Hope in **Rest**

A Foretaste of Your Rest

Gracious Father, Friend divine, Consolation of the blessed,
You have touched this day of mine with a foretaste of Your
rest. Tho' tomorrow care may come, trial arise, and grief ensue,
now I thank You for the time I have spent in joy with You.

Should this hour of rest depart and the joy it brings me, cease, I
will bear it in my heart as a promise of Your peace. When I
strain beneath new woe or contend with future sin, from this
moment I may know You will bless my life again.

Father, tho' I cannot see how my path will end below, still I
know You wait for me where my heart has longed to go. When
my body cannot stand, take my spirit to your breast; With a
father's gentle hands, bear my soul to Sabbath rest.