

# Rest in a World God Called Good

**Genesis 2:1–3**

*An Expositional Sermon by Dr. Bradley Rushing*

## Big Idea

We are called to rest in the God who finished His work and still rules His world.

### I. God Finishes His Work and Rests With Satisfaction (vv. 1–2)

*“Thus the heavens and the earth were finished, and all the host of them. 2 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.” (Genesis 2:1–2)*

- The word ‘finished’ is repeated to emphasize completeness.
- Nothing is missing. Creation is exactly as God intended.
- God does not rest because He is tired. Scripture says He does not faint or grow weary.
- His rest is not collapse. His rest is enthronement.
  - Like a king taking his seat in his completed palace.
  - Genesis 1 is the building phase. Genesis 2:1–2 is the ruling phase.
- Creation is God’s cosmic temple. He formed it, filled it, and now He resides within it.
- This rest shows His active rule, His presence with His people, and His commitment to finish everything He starts.
- When life feels chaotic, remember the God who rested is also the God who reigns.

### II. God Blesses Rest So His People Can Stop Striving and Enjoy Him (v. 3)

*“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.” (Genesis 2:3)*

- God blesses a day and sets it apart as holy.
- For Israel, the Sabbath reminded them of two things.
  - God is the Creator, so they could stop working as if everything depended on them.
  - God rescued them from slavery in Egypt. Rest was a sign of their freedom and identity.

- In the new covenant, the Sabbath points to Christ.
- Jesus invites the weary to come to Him and find rest.
- Colossians 2 says the Sabbath was a shadow. Christ is the substance.
- Hebrews 4 says believers enter God’s rest by trusting in the finished work of Jesus.
- Christ is our Sabbath.
- The rhythm God built into creation is still wise. Six days of work and one day that restores our hearts in Him.

### ***Application for Today***

- The Lord’s Day serves this purpose for believers.
- Public worship resets our drifting hearts.
- The preached Word corrects and encourages us.
- Prayer and fellowship remind us that we are not alone.
- Sundays are also a time for private and family rest that turns our attention toward Christ.
- Key questions for the Lord’s Day:
  - Does this day lead my heart toward Christ or keep me running?
  - Does our family pace reflect that Jesus is Lord or that our schedule is Lord?
- Every Lord’s Day is God saying, “You can stop trying to earn and come enjoy Me.”

**(Notes)** \_\_\_\_\_  
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### **Mount Gilead Baptist Church**

2864 S. Brannon Stand Rd, Dothan, AL 36305

 (334) 792-4842

 YouTube: @mountgilead2065

 Facebook: /mgbcdothan

 [www.mgbcdothan.com](http://www.mgbcdothan.com)