

*Recap of 9/6/26 message by Chris Sommerfield*  
*("The Blessings of Work and Rest") Genesis 1:26-2:3*

- God designed work for our fulfillment and rest for our restoration, emphasizing our need to integrate both aspects to live a life that honors Him and promotes our well-being. Both work and rest are blessings from God, even though we may think of them as curses at times. We need remember that the divine pattern set forth by God Himself in the beginning was six days of work and one day of rest. When sin entered the world through Adam and Eve, God cursed the ground requiring painful toil to eat from it. The challenges we experience with work and rest are a result of the curse, but they in themselves are blessings and good for us. True fulfillment in life comes not solely from our labor but from understanding that our work is an expression of our worship, balanced by the transformative rest we find in Christ.

- God Himself set the pattern for work and rest; after creating the universe, He rested, setting a precedent for humanity. Even Jesus exemplifies this pattern in His life. He often withdrew from crowds to be alone and pray. Mark 1:35 tells us He rose early in the morning while it was still dark to go to a solitary place and pray. He made time for uninterrupted communion with His Father before the demands of the day began. This act shows His dependence on His Heavenly Father. The pattern of work and rest in the people of God is meant to develop trust in the LORD. When the people of Israel left Egypt and were in the wilderness, God provided for them through quail and mana, but He told them to take only what they could eat and not to search for it on the sabbath, their day of rest. The people didn't listen, and the LORD said, "How long do you refuse to keep My commandments and My instructions?" (Ex. 16:17) When we forsake rest in our lives it reflects our own distrust in the LORD. When we obey and follow the divine pattern of work and rest set forth, we demonstrate trust that the LORD provides and satisfies.

- We see in Colossians 3:17-24 that we are to work as unto the LORD, that our work is tied to our worship of God. Our labor should be performed for the Lord and not merely for worldly recognition. Engaging in work with a Christ-centered focus elevates it to an act of worship, and resting as we are called to shows trust in God for His provision bringing Him glory and satisfying our souls.