

## IV. CONCLUSION

## Core Seminars – Christian Discipleship Stewardship Week 8



### God's Purpose for Rest

#### I. INTRODUCTION (1 Cor. 4:7)

What's wrong with this statement: "*The purpose of rest is to recharge us for the real work God gives us.*"?

#### II. THE BIBLE'S TEACHING ON REST

##### A. Rest in Creation (Gen. 2:1-3)

##### B. Rest in the Sabbath (Exod. 20:8-11; Deut. 5:12-15)

### Course Outline:

#### Introduction

1. Stewardship
2. Faithfulness

#### Money

3. Generosity
4. Spending
5. Saving, Investing, and Debt
6. Materialism
7. Q&A

#### Time

8. God's Purposes for Rest
9. Stewarding Our Time

#### Health

10. God's Purposes for Health
11. Stewarding Poor Health

#### Skills

12. Stewarding Your Skills
13. The Enemy of Stewardship

#### 13. Q&A

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**C. Rest in the Promised Land**

(Deut. 12:10; Ps. 95:11)

**D. Rest in the Gospel**

(Matt. 11:28; Heb. 4:1-11; Rev. 14:11)

**E. Physical Rest (Sleep)**

(Psalm 4:8; Mark 6:31)

**Key Observations:**

1. Rest points us to reconciliation with God
2. Rest is ceasing from one activity so that we can do another—delighting in God
3. Rest shows the differences between God and man

**III. PURPOSE OF REST**

**A. Rest Helps Us Recover from our Labor**

(Mark 6:31)

**B. Rest Shows our Dependence on God**

(Isaiah 40:28-31)

**C. Rest Encourages Us to Enjoy God**

(1 Tim. 4:4, 6:18)

**D. Rest Helps Build Relationships with Others**

(Heb. 10:24-25)

**Evaluating our Resting Activity:**

1. Are there areas where this activity is leading me to sin, even if the activity itself isn't sinful?
2. Is this activity the most God-glorifying way to steward my time?