

# NOTES

October 18, 2020

*“Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”*

Genesis 2:1-3

Rest is not the art of doing nothing.

*“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”*

Deuteronomy 5:12,15

**“We** are intentionally looking for the evidence of God’s love in all of the things that he has given us to enjoy.”

*Peter Scazzero*

Our value and worth comes from being with God, not by doing things for God.