



*a* RHYTHM *with* REST

# A Rhythm With Rest

Week 1 - God Rested

Teaching Pastor Jim Supp - Reston Bible Church - Sunday, January 7th, 2024





## **SR-71 Blackbird**

*UDVAR-HAZY Smithsonian Air & Space Museum*

*Image credit: Geo Keegan*





## SR-71B Blackbird

*Sierra Nevada Mountains of California*

*Image credit: USAF / Judson Brohmer - Armstrong Photo Gallery*





## Air France Concorde

UDVAR-HAZY Smithsonian Air & Space Museum

Image credit: Geo Keegan





## Concorde - British Airways

*London Heathrow Airport 2001*

*Image credit: David Parker*





*Geo*

## **Boeing 787 Dreamliner**

*Sterling, Virginia 2023*

*Image credit: Geo Keegan*



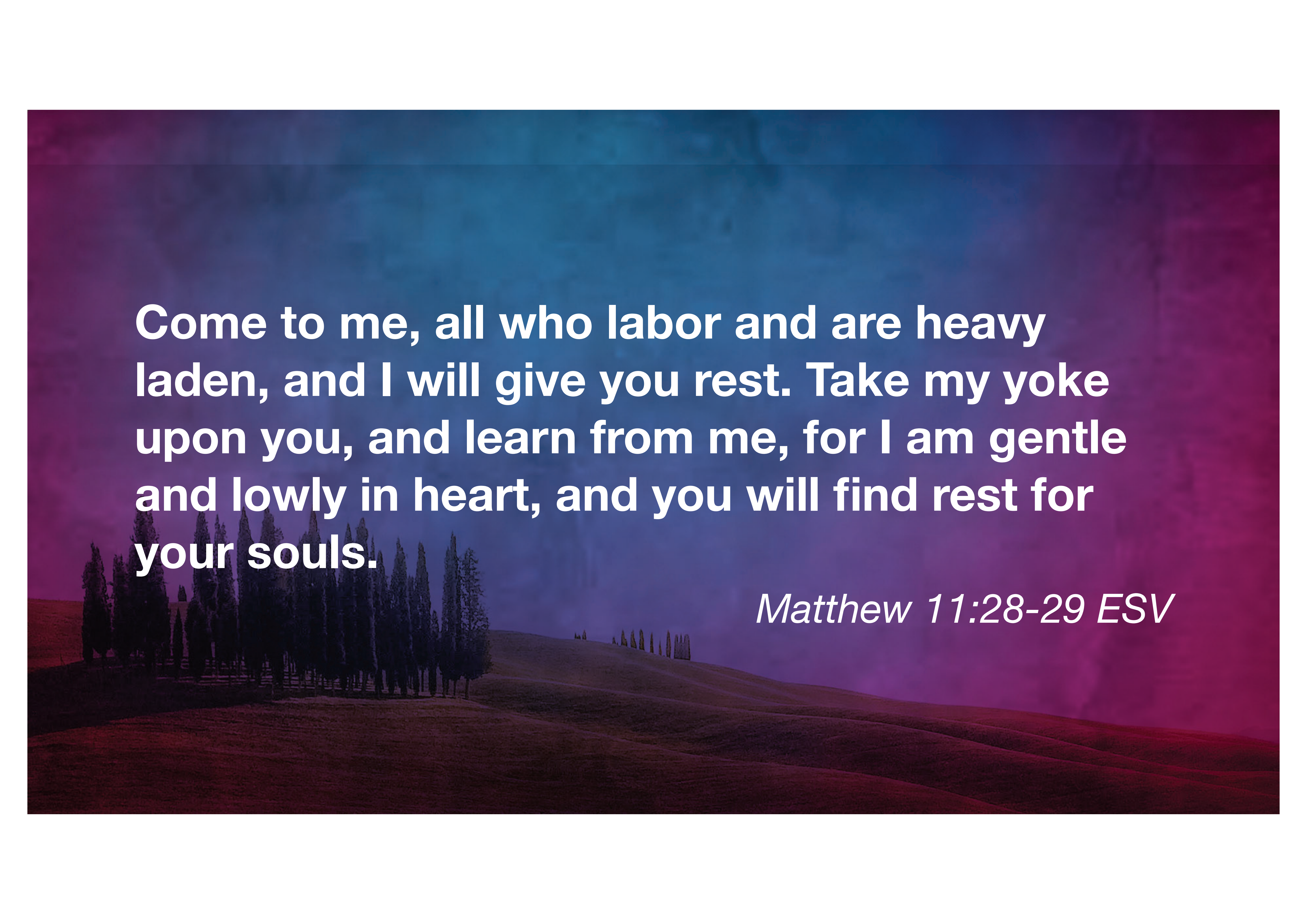


## Grumman TBF Avenger

*EAA 2016 - Oshkosh Wisconsin*

*Image credit: Geo Keegan*



A landscape photograph showing rolling hills in the foreground and middle ground. A line of tall, thin, dark trees stands on a ridge in the middle ground. The sky is a gradient of purple and blue, suggesting dusk or dawn. The overall mood is serene and contemplative.

**Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.**

*Matthew 11:28-29 ESV*





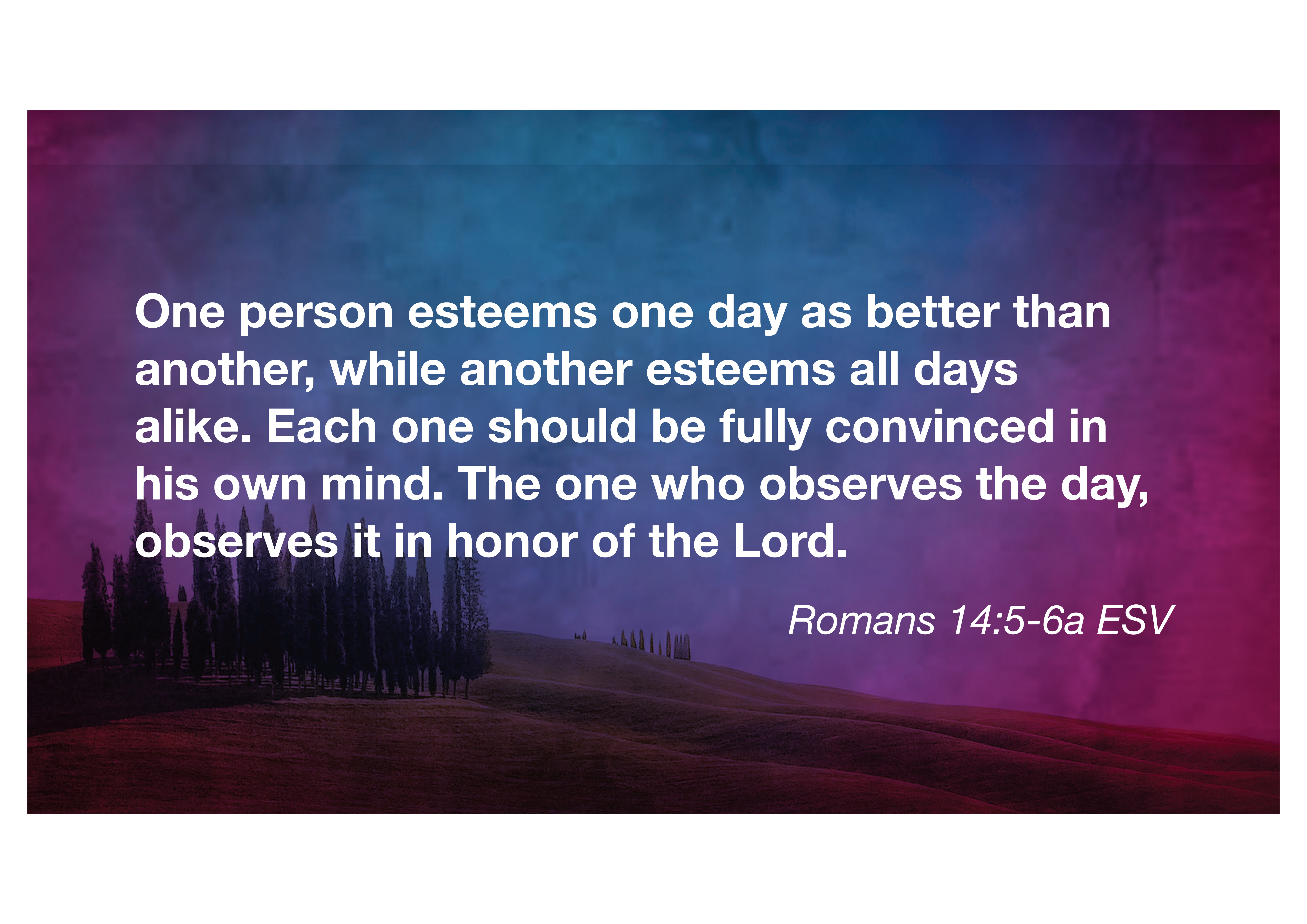
**Eric Liddell (Flying Scotsman)**

*Image credit: AP*



**Chariots of Fire movie**



A landscape photograph showing rolling hills in the foreground and middle ground. A line of tall, thin, dark trees stands on a ridge in the middle ground. The sky is a gradient of purple and blue, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

**One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. The one who observes the day, observes it in honor of the Lord.**

*Romans 14:5-6a ESV*

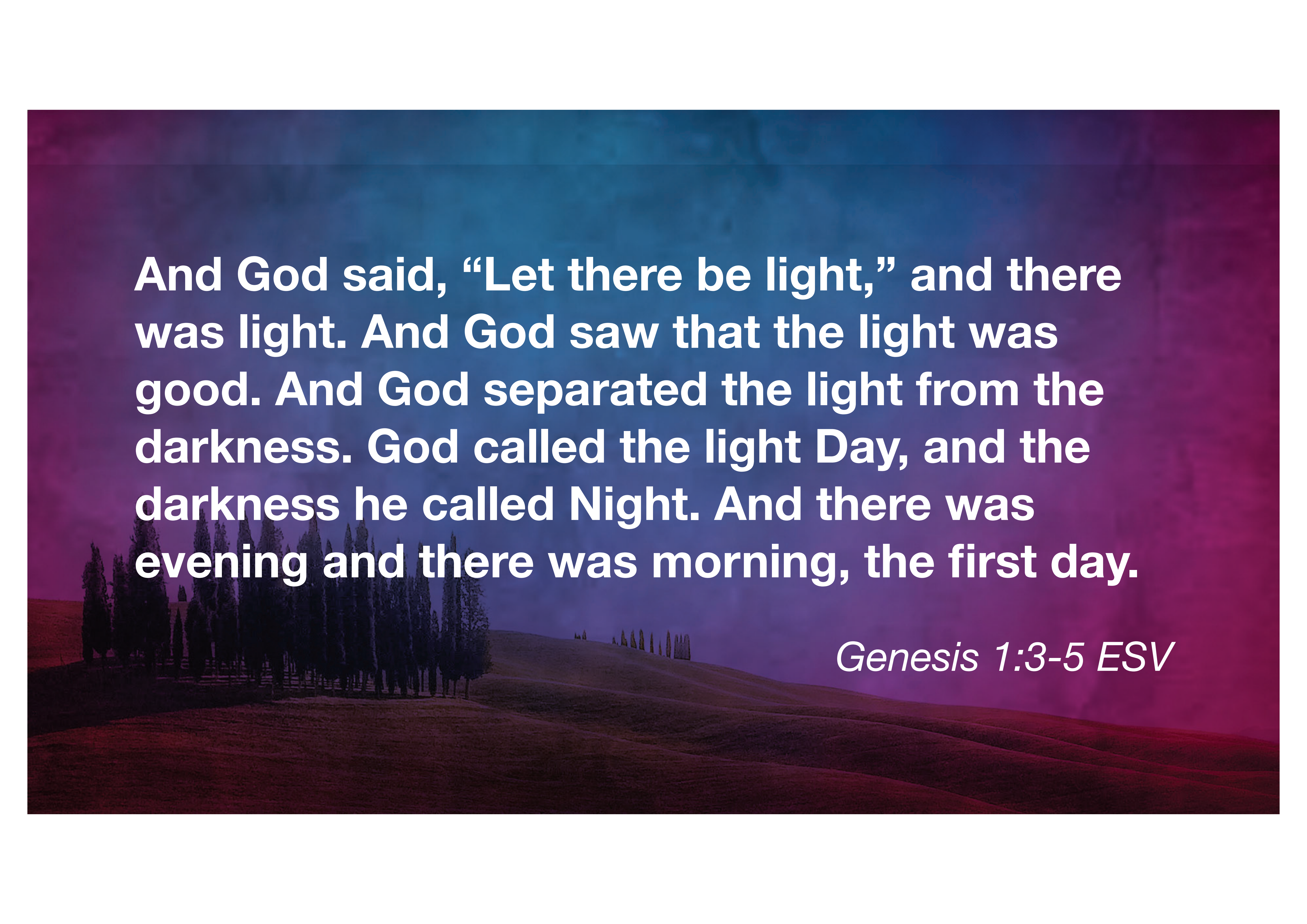


A landscape photograph featuring rolling hills in the foreground and a line of tall, thin, dark trees in the middle ground. The sky is a mix of deep blue and purple, suggesting a twilight or dawn setting. The overall mood is serene and contemplative.

**In the beginning, God created the  
heavens and the earth.**

*Genesis 1:1 ESV*

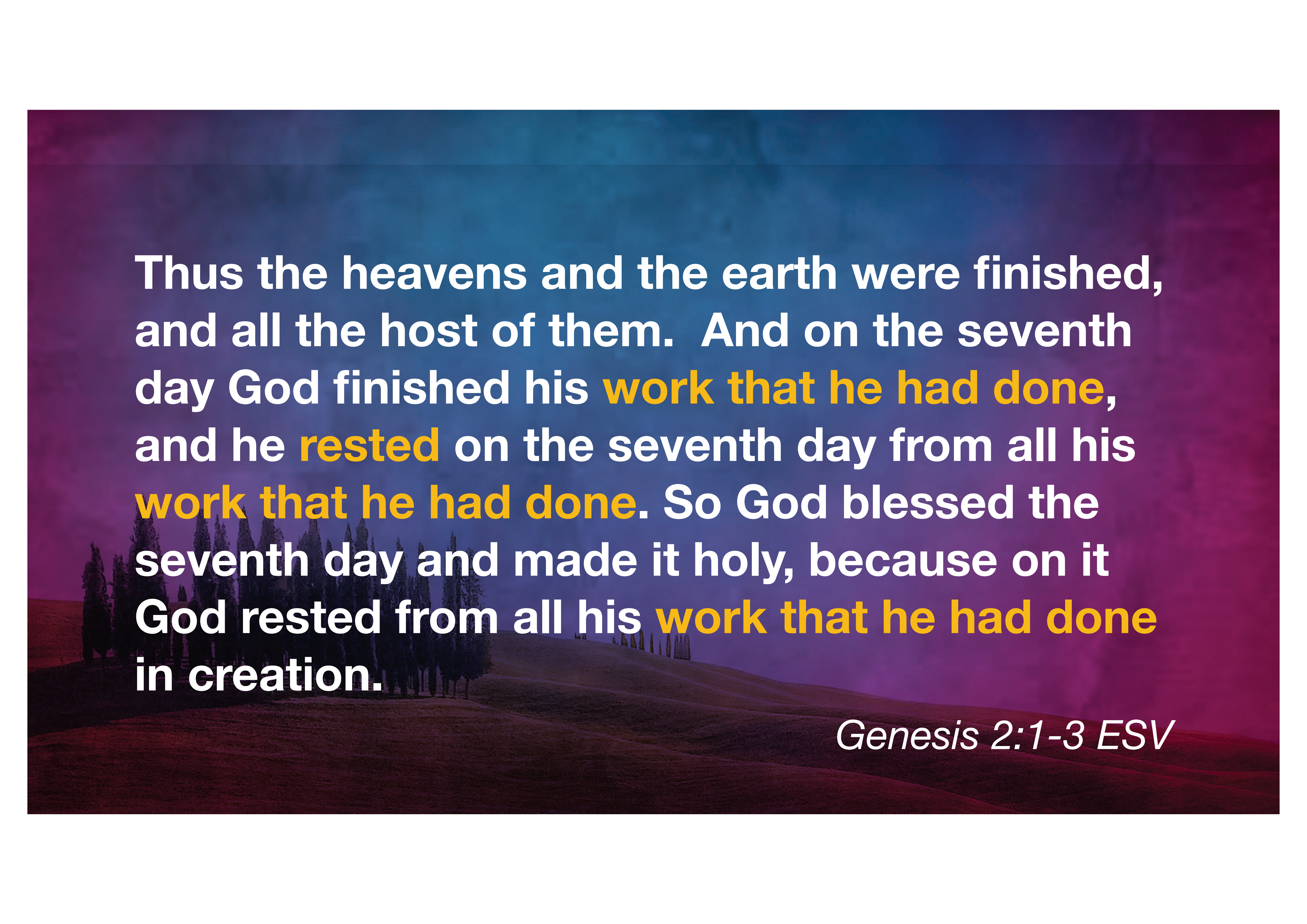


A landscape with rolling hills and a line of trees under a purple and blue sky. The text is overlaid on the upper portion of the image.

**And God said, “Let there be light,” and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.**

*Genesis 1:3-5 ESV*



The background of the slide is a landscape photograph. It shows rolling hills in the foreground and middle ground, with a line of tall, thin trees on the left side. The sky is a mix of deep blue and purple, suggesting a sunset or sunrise. The overall tone is serene and contemplative.

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.

*Genesis 2:1-3 ESV*



Rest – **Shabat** – Cease, stop, come to an end, to refrain from working, to be inactive.





# 1. We are Created in the Image of God

Then God said, “**Let us make man in our image**, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.” **So God created man in his own image, in the image of God he created him; male and female he created them.**

*Genesis 1:26-27 ESV*



## 2. God Created Us to Be Creative

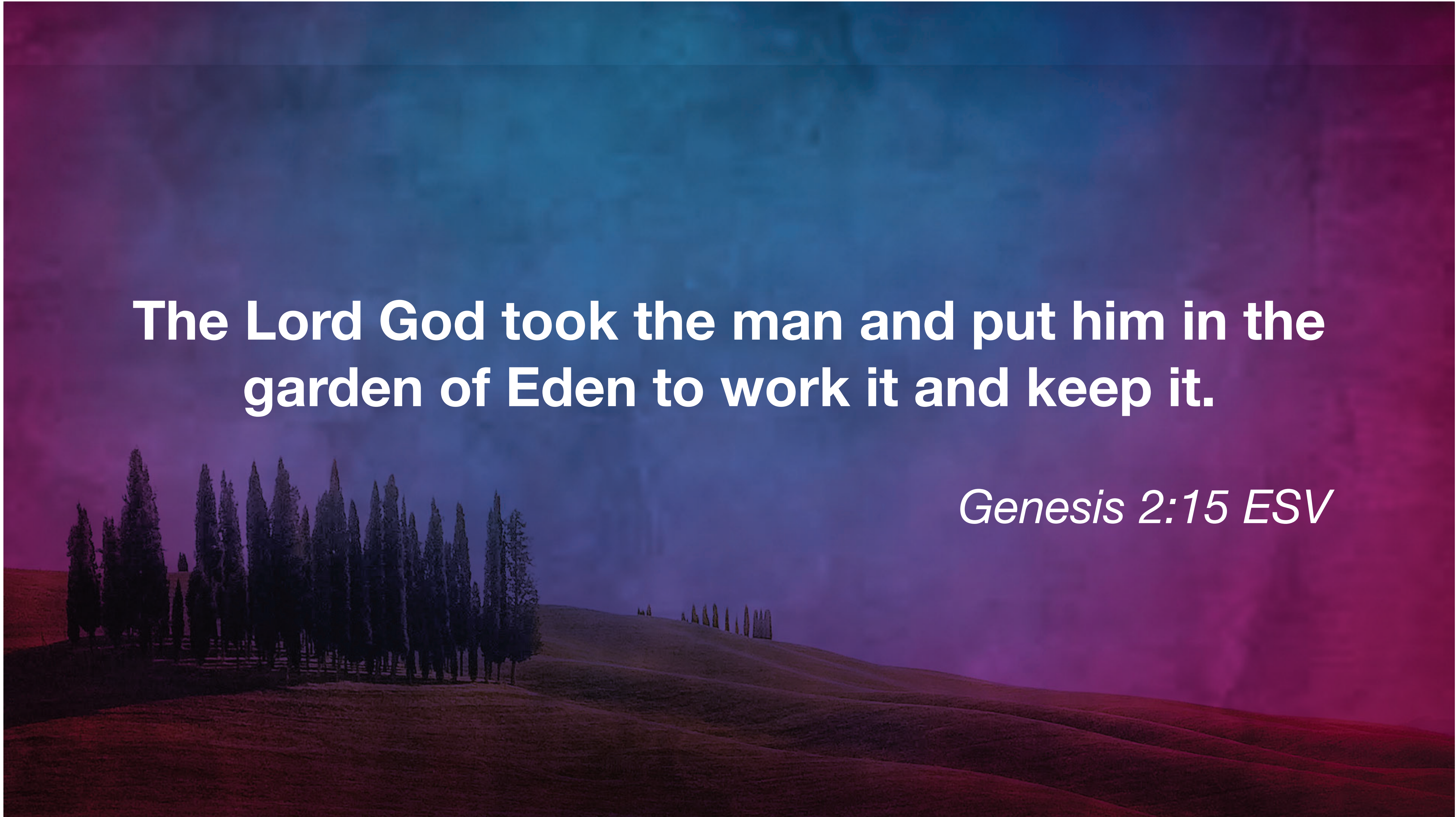
And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

*Genesis 1:28 ESV*

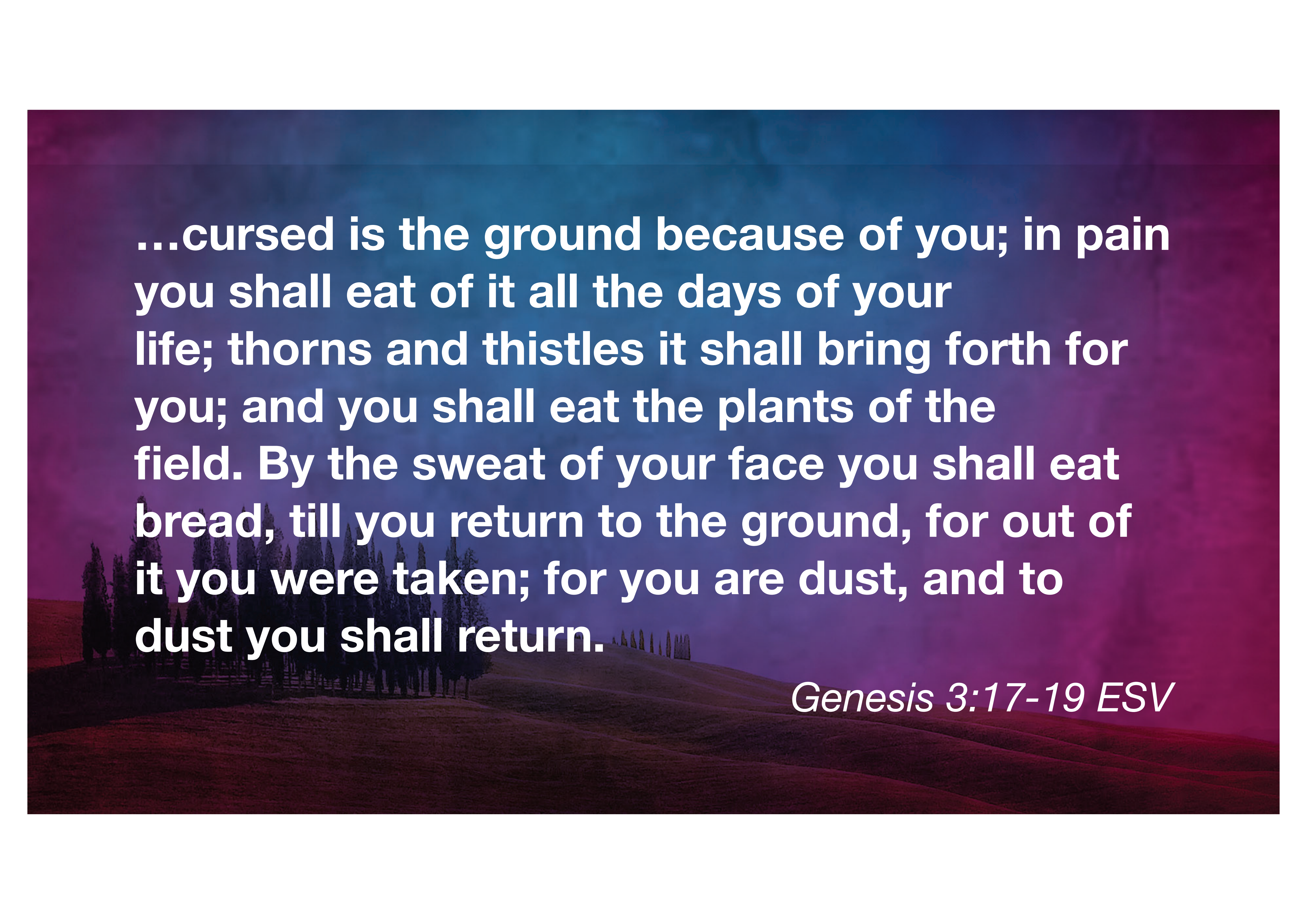


**The Lord God took the man and put him in the garden of Eden to work it and keep it.**

*Genesis 2:15 ESV*





The background of the slide is a landscape photograph. It shows rolling hills in the foreground and middle ground, with a line of tall, thin trees (possibly cypresses) in the distance. The sky is a mix of deep blue and purple, suggesting a sunset or sunrise. The overall tone is somber and contemplative.

**...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.**

*Genesis 3:17-19 ESV*







# 3. Effective Rhythms are by God's Design





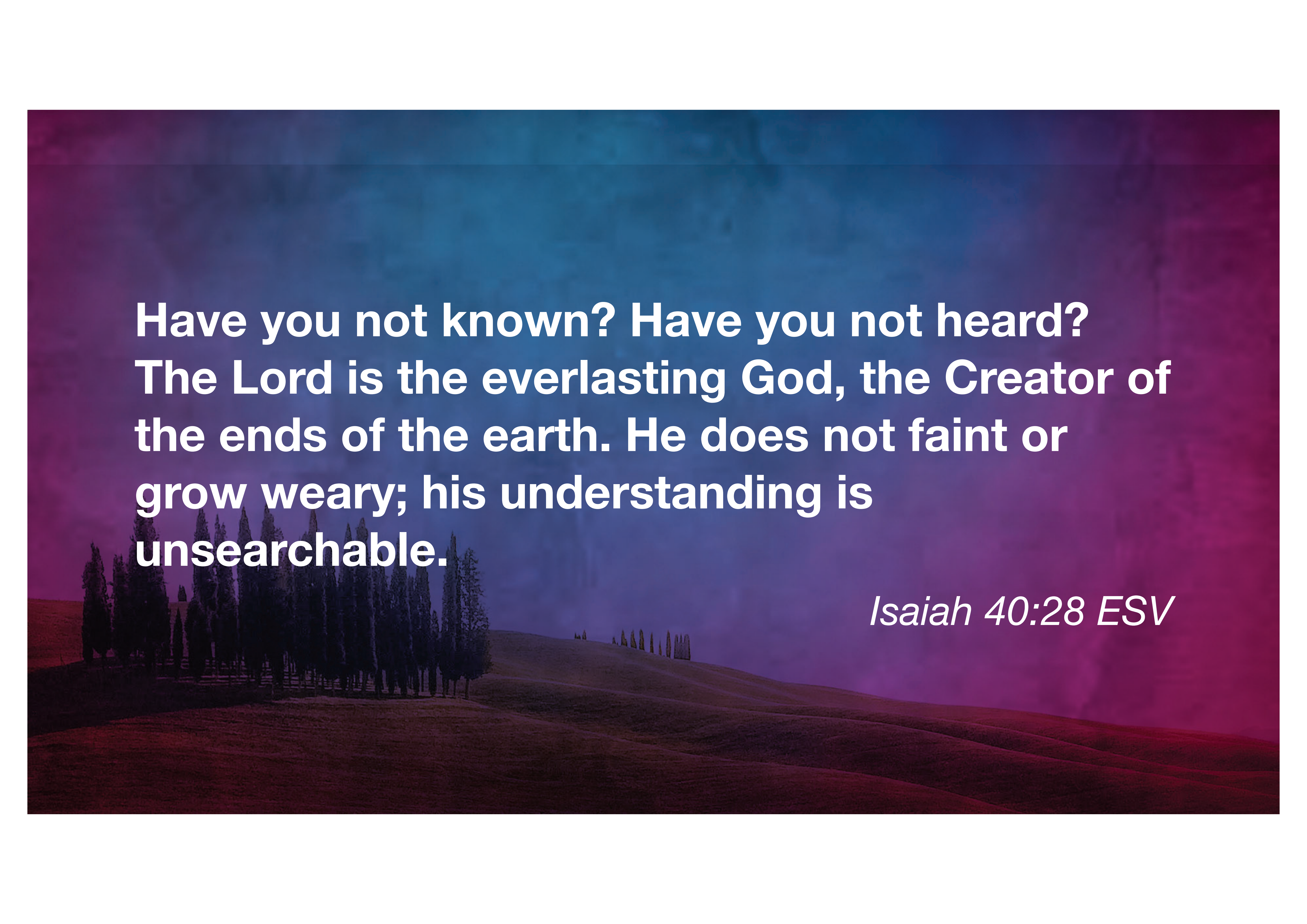


**Burnout** results - one of two things:

- Recognizing the need for rest but feeling I cannot take it.

- Failing to recognize the need



The background of the slide is a landscape photograph. It features rolling hills in the foreground and middle ground, with a line of tall, thin, dark trees (possibly cypresses) on a ridge. The sky is a gradient of deep blue and purple, suggesting a twilight or dawn setting. The overall mood is serene and contemplative.

**Have you not known? Have you not heard?  
The Lord is the everlasting God, the Creator of  
the ends of the earth. He does not faint or  
grow weary; his understanding is  
unsearchable.**

*Isaiah 40:28 ESV*

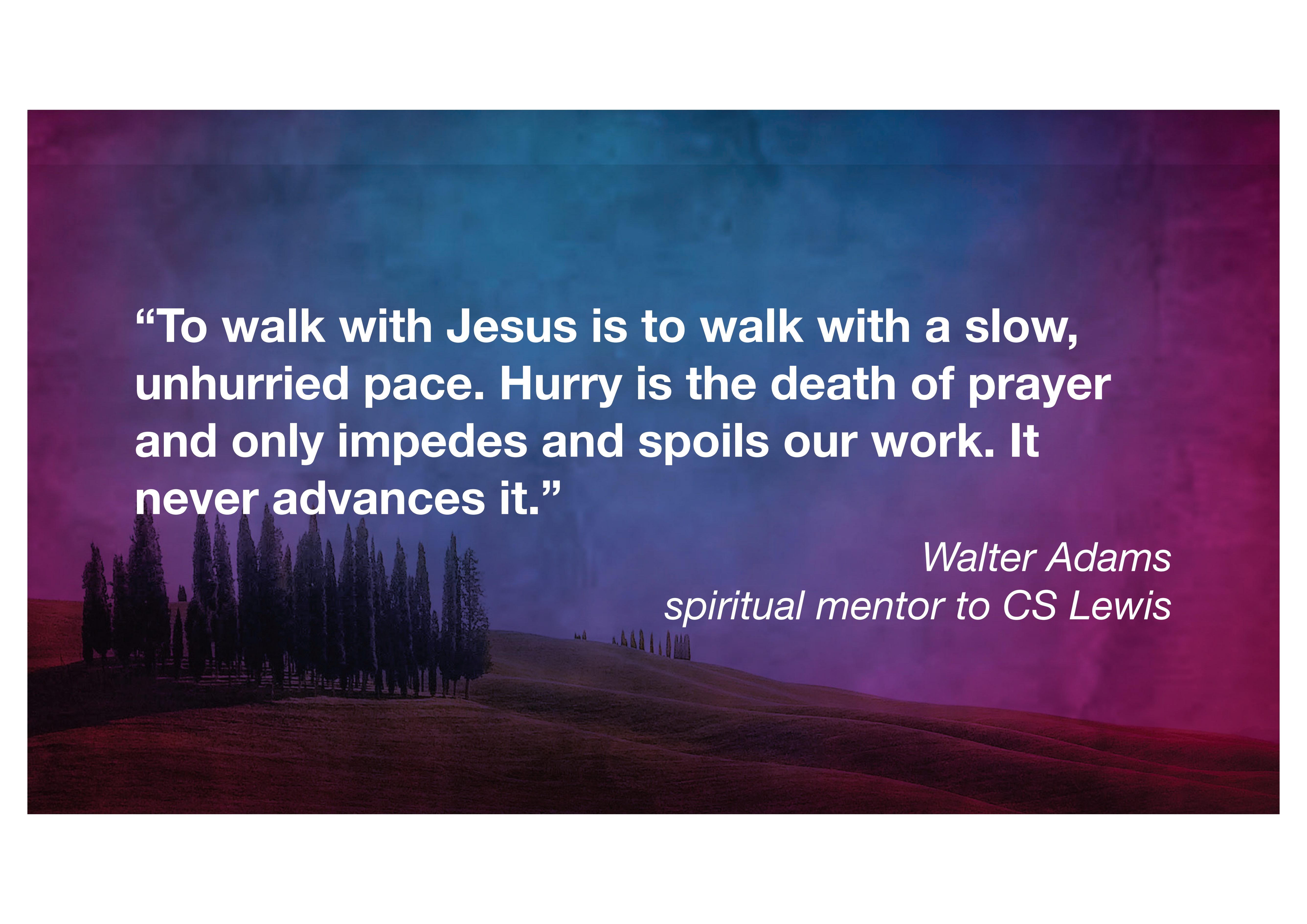




**Thomas Alva Edison**

*b. 1847 – d. 1931*  
*inventor, businessman*



The background of the slide is a landscape photograph. It features rolling hills in the foreground and middle ground, with a line of tall, thin, dark trees (possibly cypresses) on a ridge. The sky is a gradient of deep blue and purple, suggesting a twilight or dawn setting. The overall mood is serene and contemplative.

**“To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.”**

*Walter Adams  
spiritual mentor to CS Lewis*





# Building the Foundation for A Rhythm With Rest:

We are Created in the **Image of God**

God Created us to be **Creative**

Effective Rhythms are by **God's Design**



Do You Experience a **Rhythm With Rest?**

