

A. Overworked and fatigued

- 2nd most overworked people (2019)
- world's most tired/fatigued people (2021)

B. Work a blessing or a curse?

1. Work before man sinned.
 - a. God at work (Genesis 1:1, Genesis 1:31)
 - b. Adam at work (Genesis 2:5, 7, Genesis 2:15, Genesis 1:29)
 - God's plan, purpose and provision for man
2. Ground cursed because of sin (Genesis 3:17)
 - sweat, stress and suffering (Genesis 3:17-19)
 - frustration and futility (Ecclesiastes 2:22-23)

C. Labor: models of working hard

1. Why work? Work to live, live to work?
 - hunger (Proverbs 16:26)
 - food (Proverbs 12:11, 28:19)
2. Models of Work
 - a. model after God (Genesis 2:2-3)
 - b. model after the ants (Proverbs 6:6-8)
 - c. new normal of WFH/hybrid
 - d. Paul's model of WFH (Colossians 3:22-24)

D. Leisure: rest commanded and provided

1. Cyclical functionality and efficiency (Psalm 104)
 - cycle of time (Psalm 104:19-22)
 - rhythm of work-rest (Psalm 104:23)
2. Work commanded – “TGIM” (Exodus 20:9)
3. Rest commanded (Exodus 20:8)
 - a. daily night rest/sleep (Psalm 104:19, 23 ^(NLT), Proverbs 3:24)
 - b. weekly (Sabbath) rest (Exodus 20:8, 10-11)
 - “it was very good” (Genesis 1:31)
 - c. God's Sabbath (eternal) Rest (Matthew 11:28-30, Hebrews 4:1-11, Revelation 14:13)

E. Work unfinished: redeemed and continuing

1. Because of Jesus
 - a. we are redeemed (1 Peter 1:17-20)
 - b. our world is redeemed (Romans 8:20-22, 2 Peter 3:13)
 - c. our work is redeemed (Ephesians 2:10)
2. Finishing our work (John 4:34)
 - a. retire or retyre?
 - b. unfinished work (Matthew 20:6-7, Matthew 9:37)
 - Matthew 20:6 'Why have you been standing here all day long doing nothing?'
 - c. God and Jesus still working (John 5:17)