

# You Deserve a Break Today

Genesis 2:1-3

## Introduction

- Do you ever get tired? Do you ever feel tense? Do your nerves ever feel tight or taut?
- You are going to see that God is not only a God of labor, but He is also a God of laughter and a God of leisure. You are going to discover that God not only has designed your body for physical rest, but He has designed your soul for spiritual rest

## Discussion

### ◇ The Labor That Deserves Rest

- Genesis 2:1

### ◇ The Lord That Demonstrates Rest

- Genesis 2:2

### ◇ The Life That Demands Rest

- Genesis 2:3

## Conclusion

- There are so many people trying to pick the lock of the door of heaven when all you have to do is just open it and walk through it by putting our faith in and following after the Lord Jesus Christ.