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II. The Biblical Story About Work

Chapter 1: The _____ of Work

Chapter 2: The _____ of Work

Chapter 3: The _____ of Work

Chapter 4: The _____ of Work

The 4th C: _____



Resources

Books

- [*Every Good Endeavor: Connecting Your Work to God's Work*](#) – Timothy Keller

Articles

- [Redeemer Center for Faith & Work](#)
- [Gospel Coalition Faith & Work Resources](#)
- <https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/>
- <https://www.desiringgod.org/interviews/will-we-work-in-eternity>
- https://www.cutsinger.net/wp-content/uploads/2019/08/3_saints_1.pdf
- <https://www.cslewisinstitute.org/resources/reflections-december-2013/>

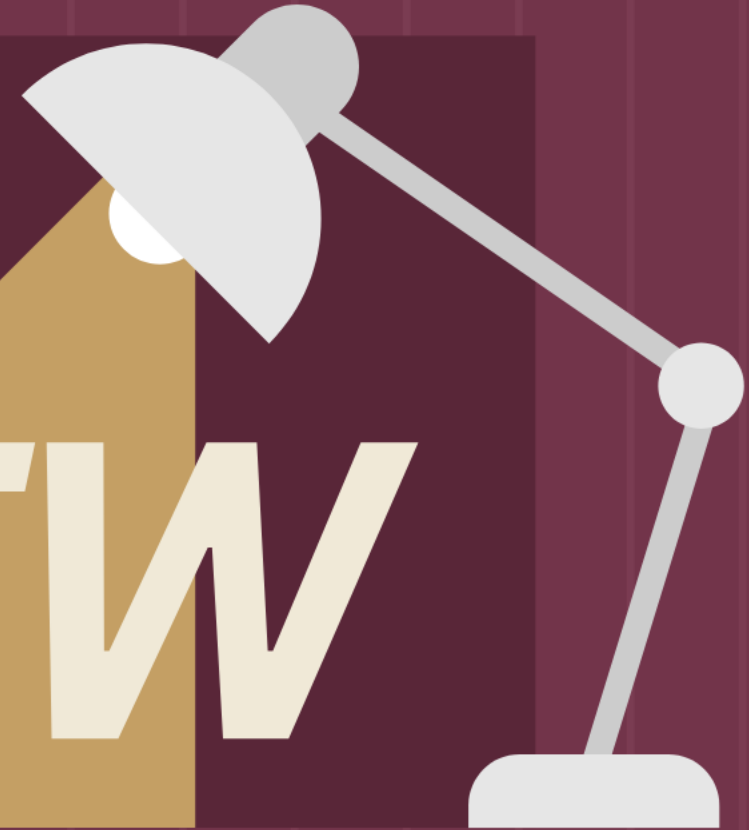
Video/Audio

- [4 Ways the Gospel Transforms Work](#) – Timothy Keller
- [When Faith Meets Work](#) – Katherine Alsdorf, Carolyn McCulley, Bethany Jenkins
- [Theology of Work Podcast](#) – Bible Project



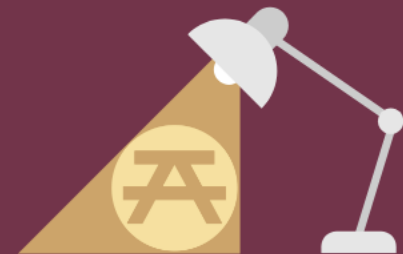
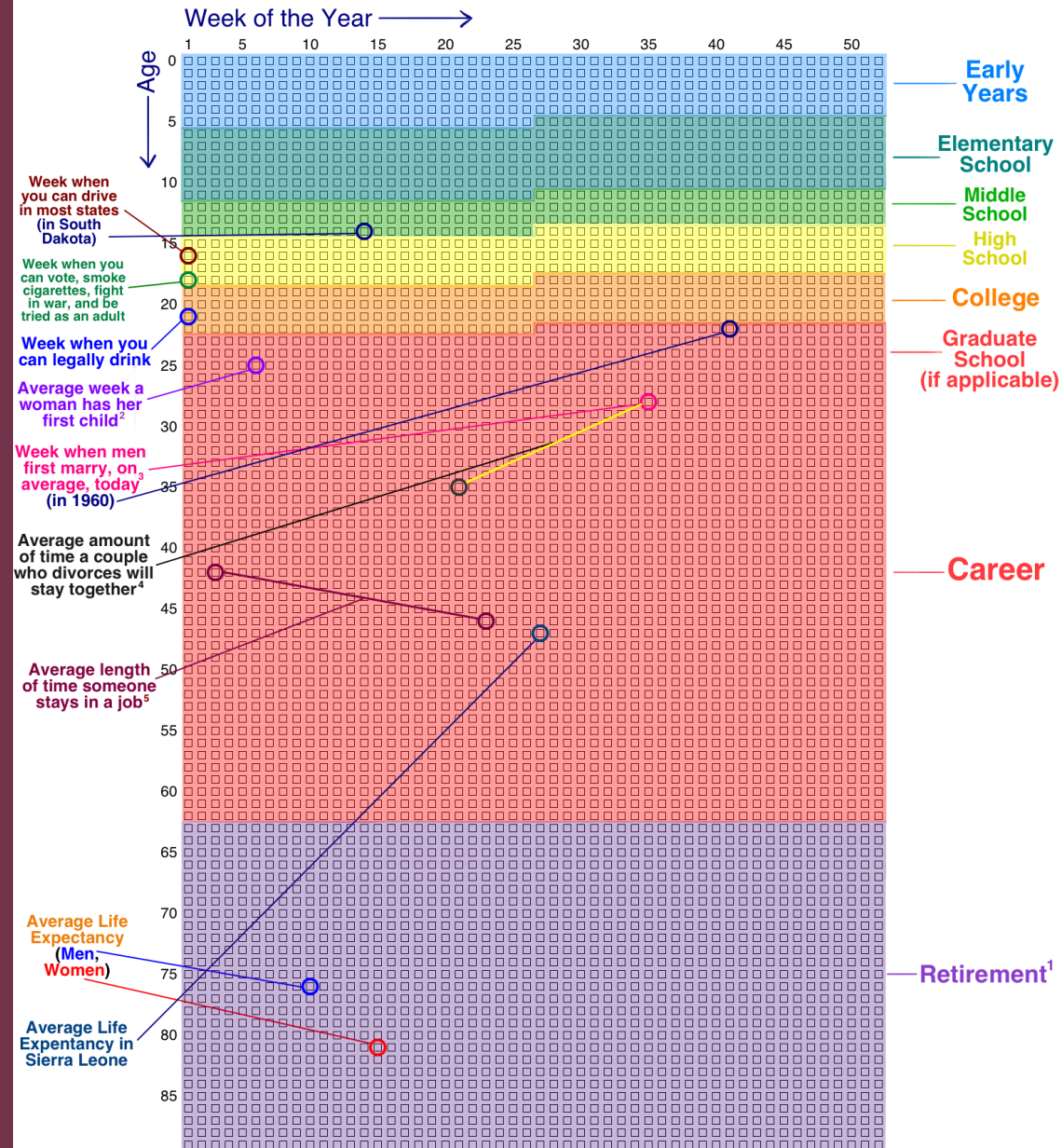
**FAITH
&
WORK**

**RE
NEW**



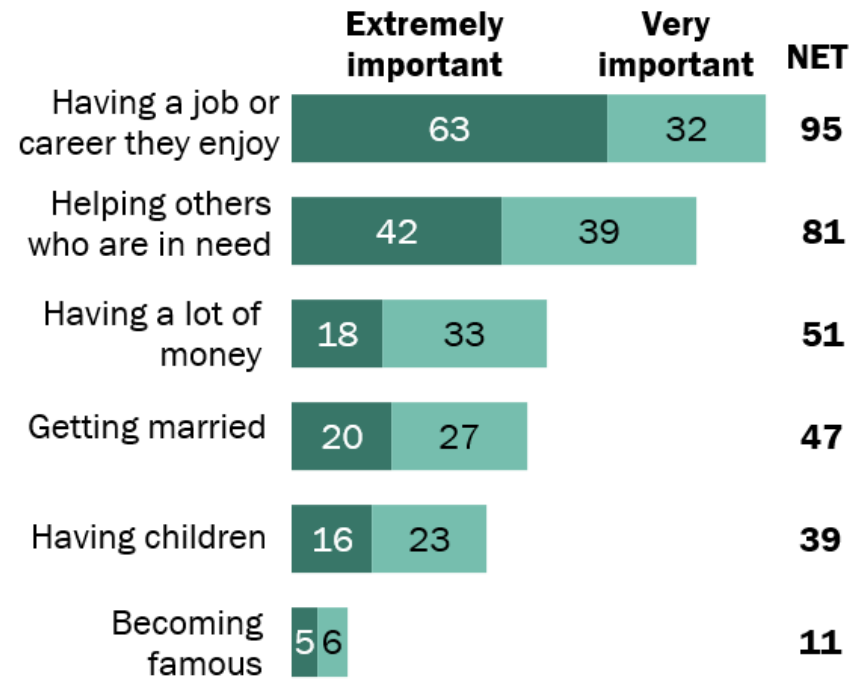
Session 1: How We View Work

The Life of a Typical American



Most teens say having a job or career they enjoy would be extremely important to them as adults

% of teens saying each would be ____ to them, personally, as an adult



Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

“Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers”

PEW RESEARCH CENTER



***“Looking along the
beam and looking
at the beam are
very different
experiences.”***

- C.S. Lewis in *Meditation
in a Toolshed*

***"I believe in
Christianity as I
believe that the
sun has risen;
not only because
I see it, but
because by it I
see everything
else."***

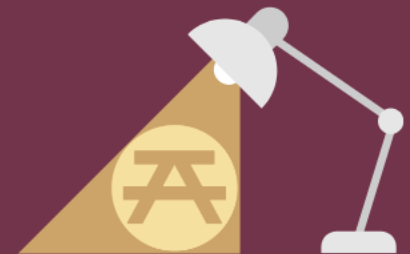
***-C.S. Lewis in *Is
Theology Poetry?****



SERIES GOALS

Answer....

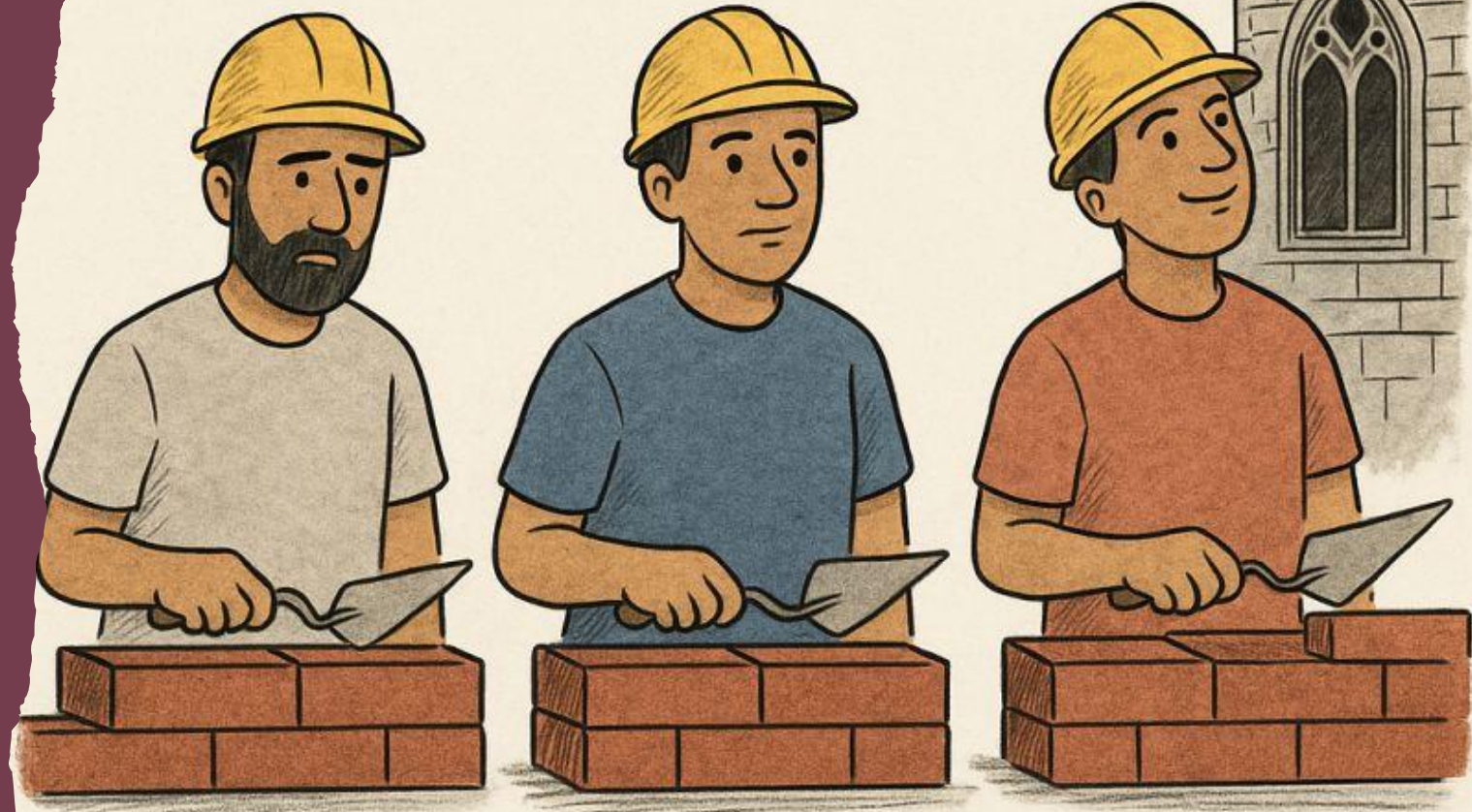
- *What is work?*
- *Why do we do it?*
- *Why can it be so fulfilling?*
- *Why can it be so frustrating?*
- *How should I do my work?*
- *What are the limits of work?*




SERIES LAYOUT

- *Session 1: How We VIEW Work*
- *Session 2: How we DO Work*
- *Session 3: How we DO Work*
- *Session 4: How we DON'T Work*

What are you doing?



A photograph of Alasdair MacIntyre, an elderly man with white hair, wearing a dark suit, white shirt, and red tie. He is holding a pair of glasses in his right hand and speaking into a microphone. The background is a plain, light-colored wall.

“I can only answer the question, ‘What am I to do?’ if I can answer the prior question, ‘Of what story or stories do I find myself a part?’”

***-Alasdair MacIntyre
in *After Virtue****



I. The Cultural Stories About Work



#1) Compensation

- Work is a means to another end.
- Problem:
 - *Does not make sense of all our experience.*



MAKING SENSE

SAM HARRIS



#2) 'Chievement

- The work is the end.
- Problem:
 - *Never enough.*



**“Why do I have
three Super Bowl
rings and still
think there is
something greater
out there for me?”**

-Tom Brady



#3) Core Identity

- I am my work.
- Problem:
 - *Will crush us, not create us.*





“To be a workist is to worship a god with firing power.”

- Derek Thompson in “The Religion of Workism is Making Americans Miserable”



The very first day in the hospital, the psychiatrist asked me, 'Who are you?'

'I'm the co-host of the 700 Club.'

'That's not what I meant,' he said.

'Well, I'm a writer. I'm a singer.'

'That's not what I meant. Who are you?'

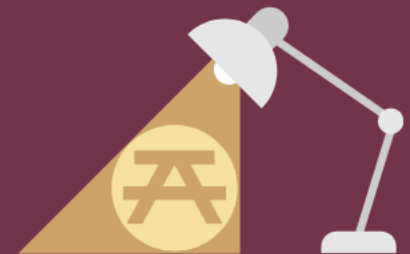
'I don't have a clue,' I said.

And he replied, 'Now that's right and that's why you're here.'

- Sheila Walsh

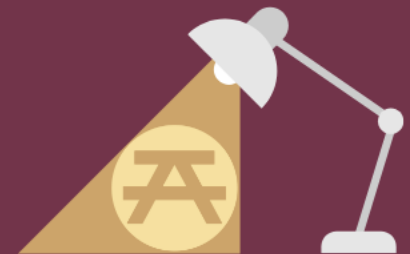


II. The Biblical Story About Work



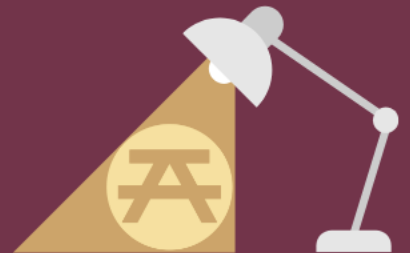
Ch. 1: The Beginning of Work

- God works.



Genesis 1:1

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



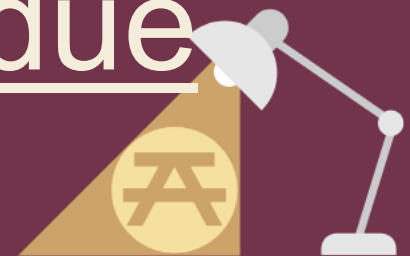
Ch. 1: The Beginning of Work

- God works.
- We get to participate in his work.



Genesis 1:27-28

(27) So God created man in his own image, in the image of God he created him; male and female he created them. (28) And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion...



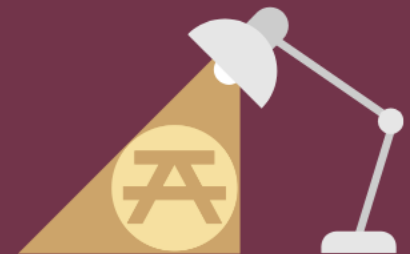
***“I am the world’s
best raker. I rake
fantastically and I
love to rake. I don’t
know why, but I
find it very
satisfying.”***

- Bill Bryson in an
interview with *The
Guardian*, November
2025



Ch. 1: The Beginning of Work

- God works.
- We get to participate in his work.
 - *Work is good.*



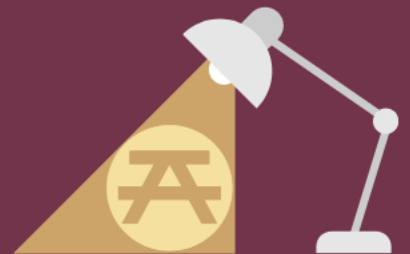
Genesis 2:15

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



Ch. 1: The Beginning of Work

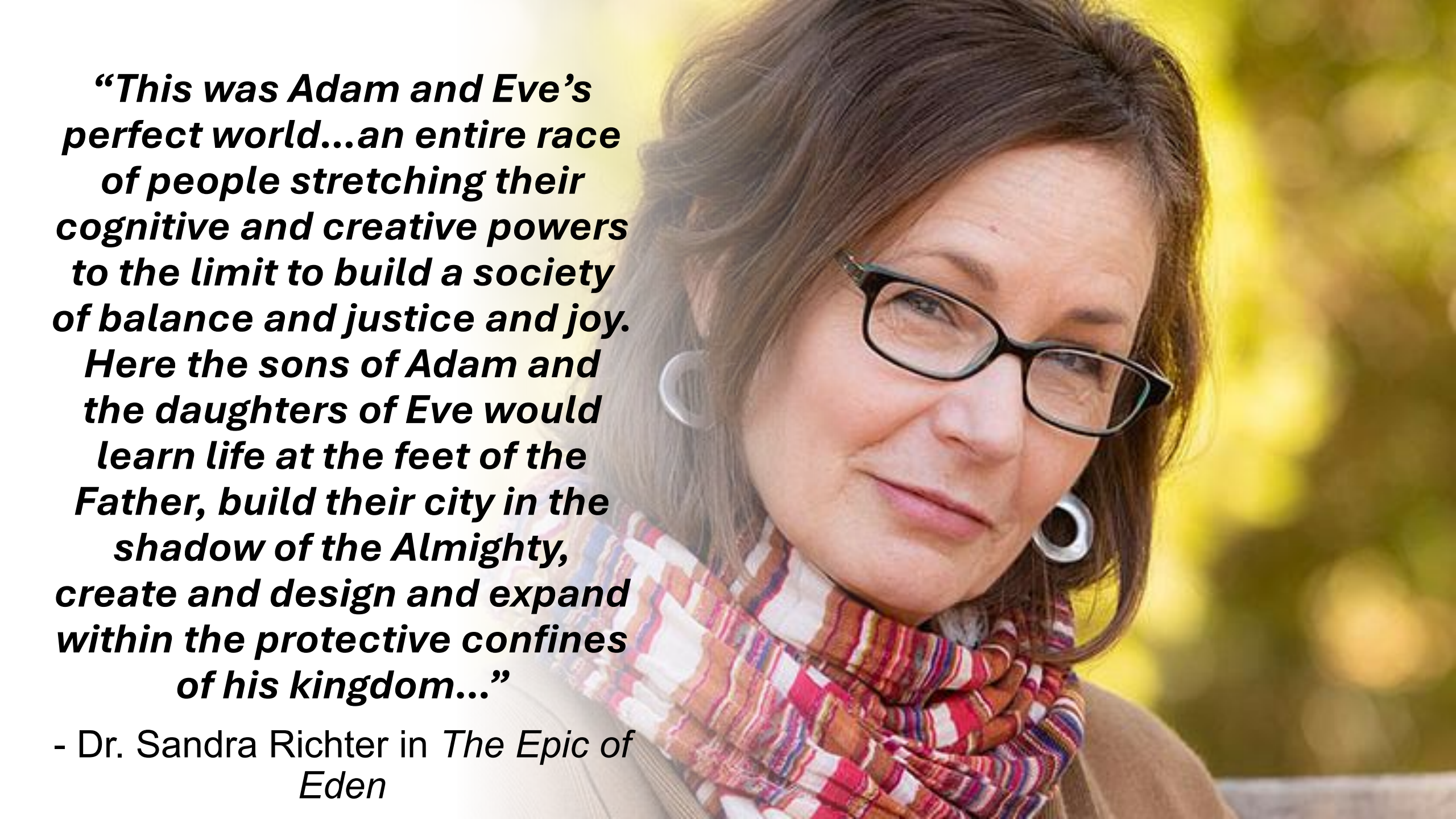
- God works.
- We get to participate in his work.
 - *Work is good.*
 - *Work is worship.*
 - *Work is limited.*



Genesis 2:1-3

(1) Thus the heavens and the earth were finished, and all the host of them. (2) 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. (3) 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.



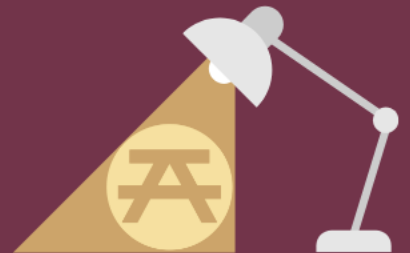


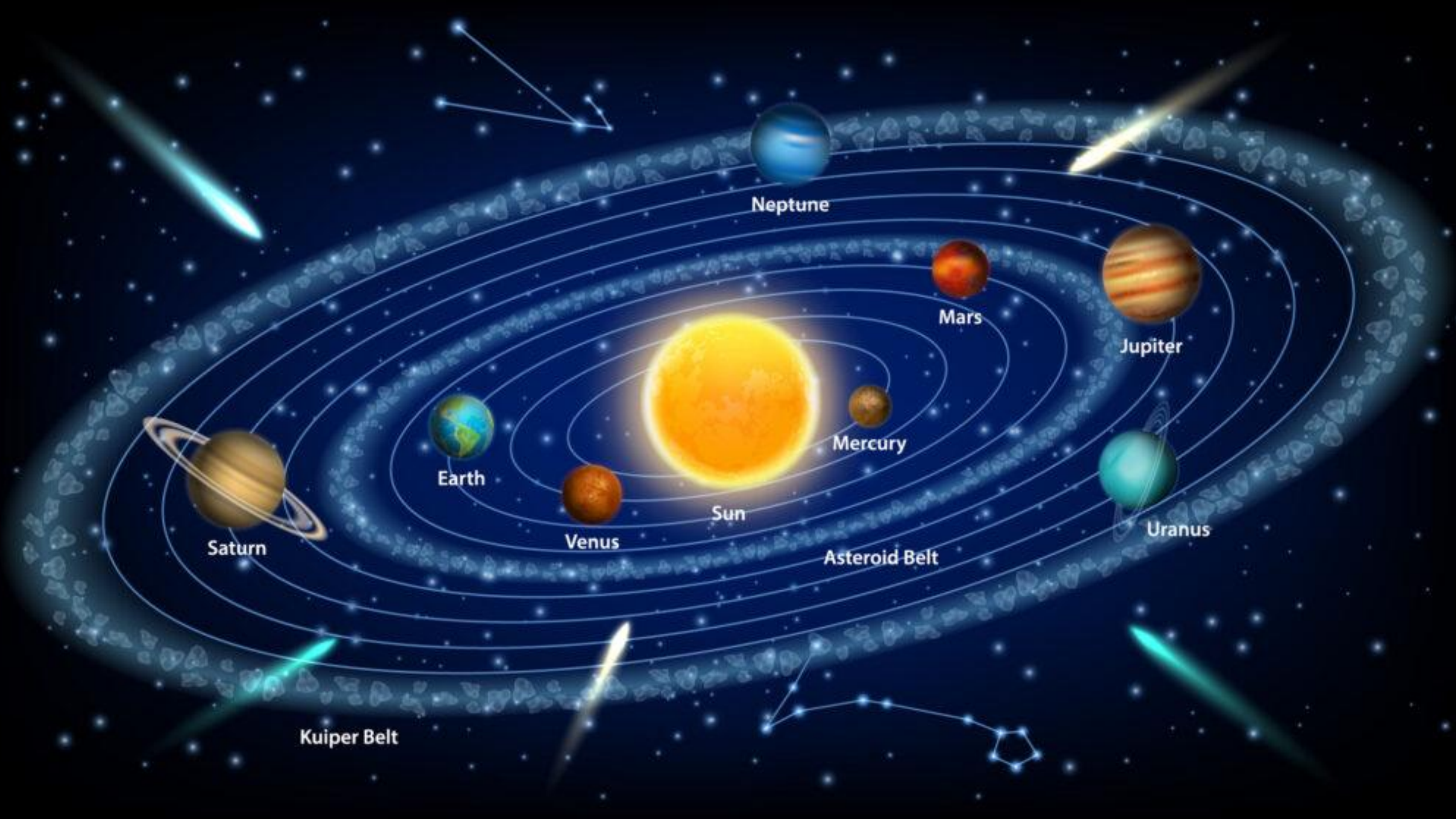
“This was Adam and Eve’s perfect world...an entire race of people stretching their cognitive and creative powers to the limit to build a society of balance and justice and joy. Here the sons of Adam and the daughters of Eve would learn life at the feet of the Father, build their city in the shadow of the Almighty, create and design and expand within the protective confines of his kingdom...”

- Dr. Sandra Richter in *The Epic of Eden*

Ch. 2: The Fall of Work

- Humanity rebelled.





Neptune

Mars

Jupiter

Mercury

Uranus

Sun

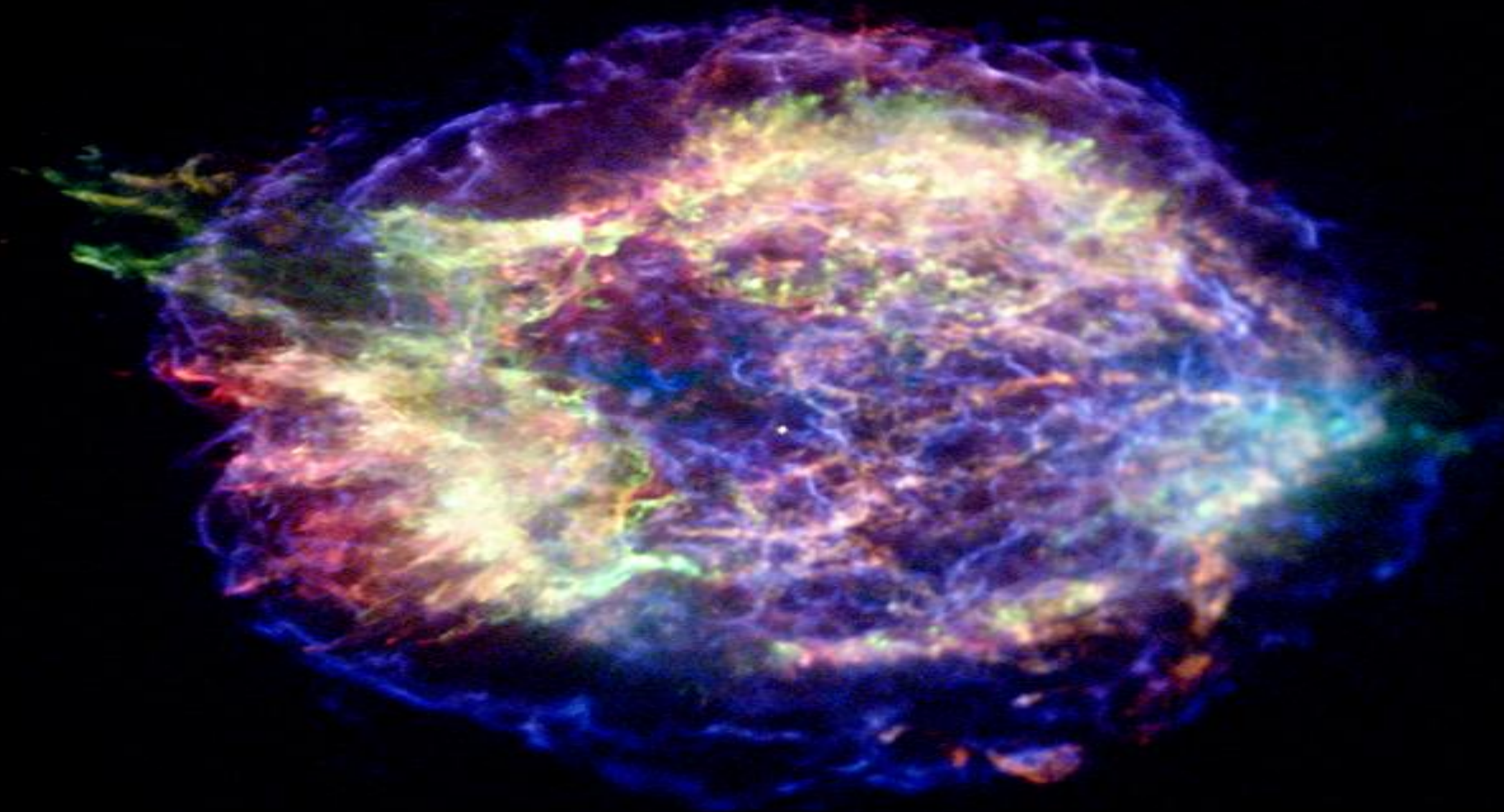
Earth

Venus

Asteroid Belt

Saturn

Kuiper Belt



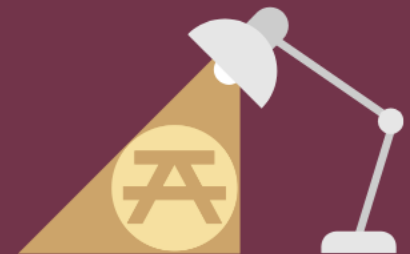
Ch. 2: The Fall of Work

- Humanity rebelled.
- Order → Disorder



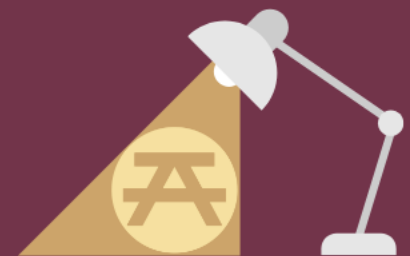
Genesis 3:17-19

(17) ...cursed is the ground because of you; in pain you shall eat of it all the days of your life; (18) thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. (19) By the sweat of your face you shall eat bread, till you return to the ground...



Genesis 11:4

Then they said, “Come, let us build ourselves a city and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed over the face of the whole earth.”



Ch. 2: The Fall of Work

- Humanity rebelled.
- Order → Disorder
 - *Work is still good.*
 - *Work is (often) painful.*
 - *Work is (often) an idol.*



Ch. 3: The Redemption of Work



Colossians 1:15-20; 3:10

(1:15) [Jesus] is the image of the invisible God, the firstborn of all creation. (16) For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him...(19) For in him all the fullness of God was pleased to dwell, (20) and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross...(3:10) and [you] have put on the new self, which is being renewed in knowledge after the image of its creator.



Ch. 3: The Redemption of Work

- Jesus died to renew work.



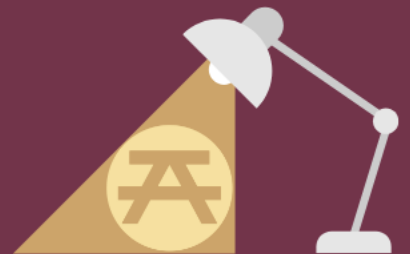
Colossians 3:23-24

(23) Whatever you do, work heartily, as for the Lord and not for men, (24) knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.



Ch. 3: The Redemption of Work

- Jesus died to renew work.
- All our work can serve Christ and his purposes!

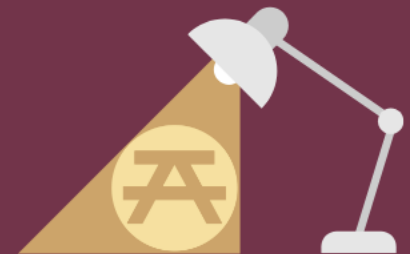


“Work now involves creation and healing, repairing, restoring. There is twice as much work to do now than there was in the garden.”

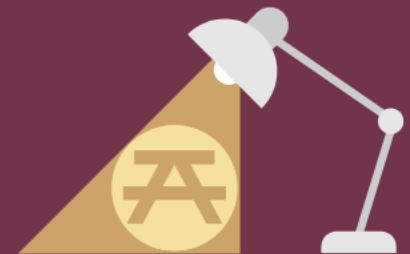


Ch. 3: The Redemption of Work

- Jesus died to renew work.
- All our work can serve Christ and his purposes!
 - *Work is still (often) painful.*
 - *Work is still (often) an idol.*
 - *Work is being renewed.*



Ch. 4: The End of Work



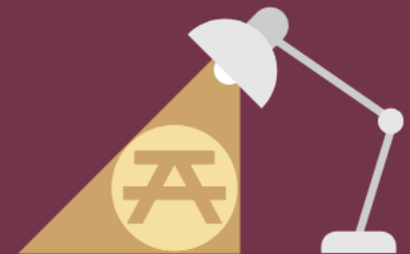
Revelation 21:1-2; 22:1-2

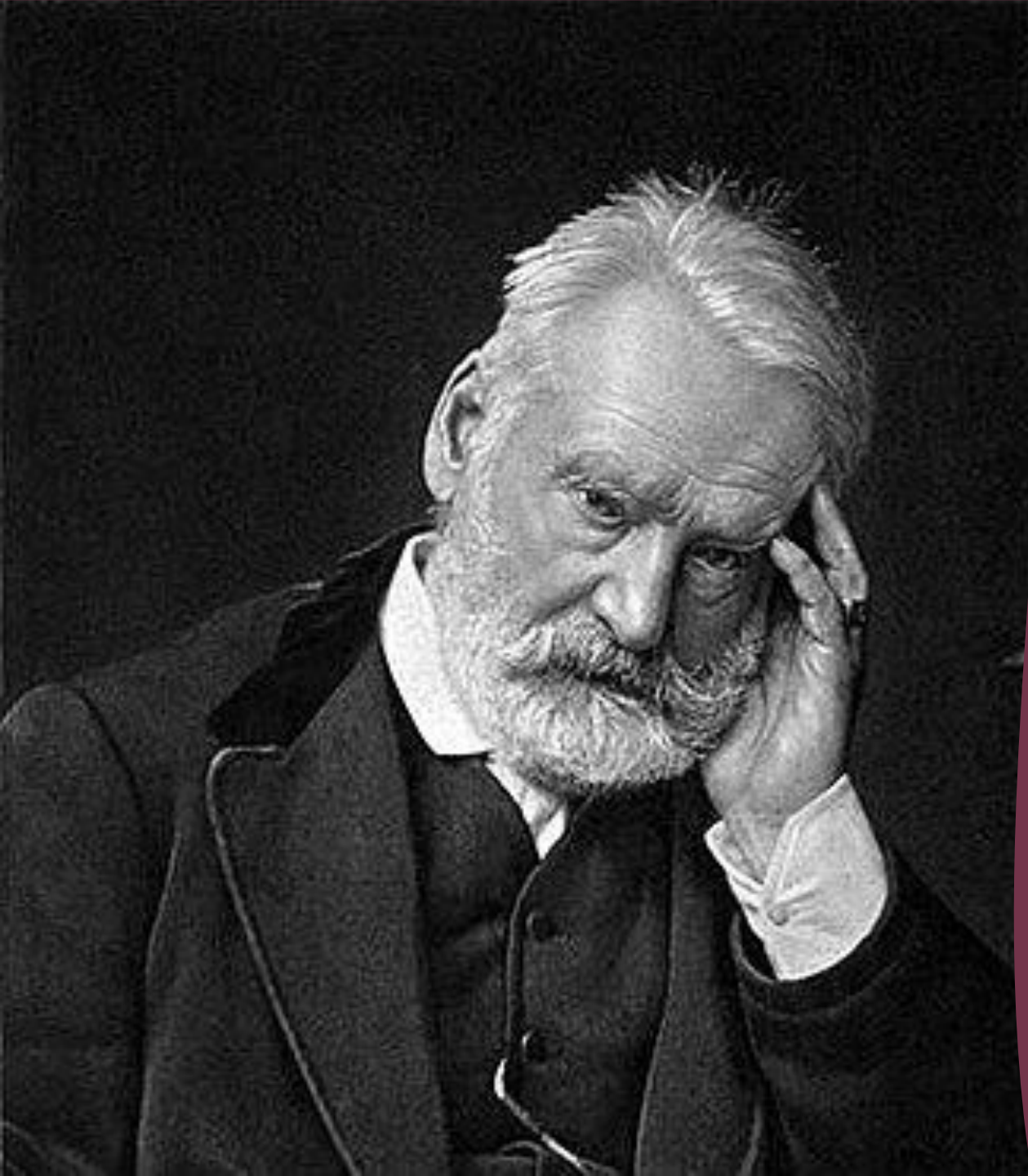
(21:1) Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. (2) And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband... (22:1) Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb (2) through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.



Ch. 4: The End of Work

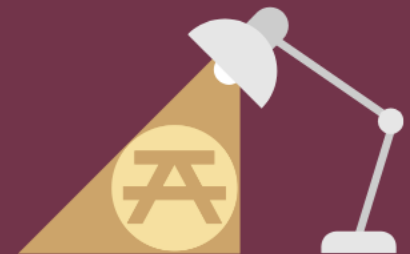
- New heaven AND new earth
- A garden AND a city
- Continuity AND discontinuity
 - *Work will be fulfilled.*



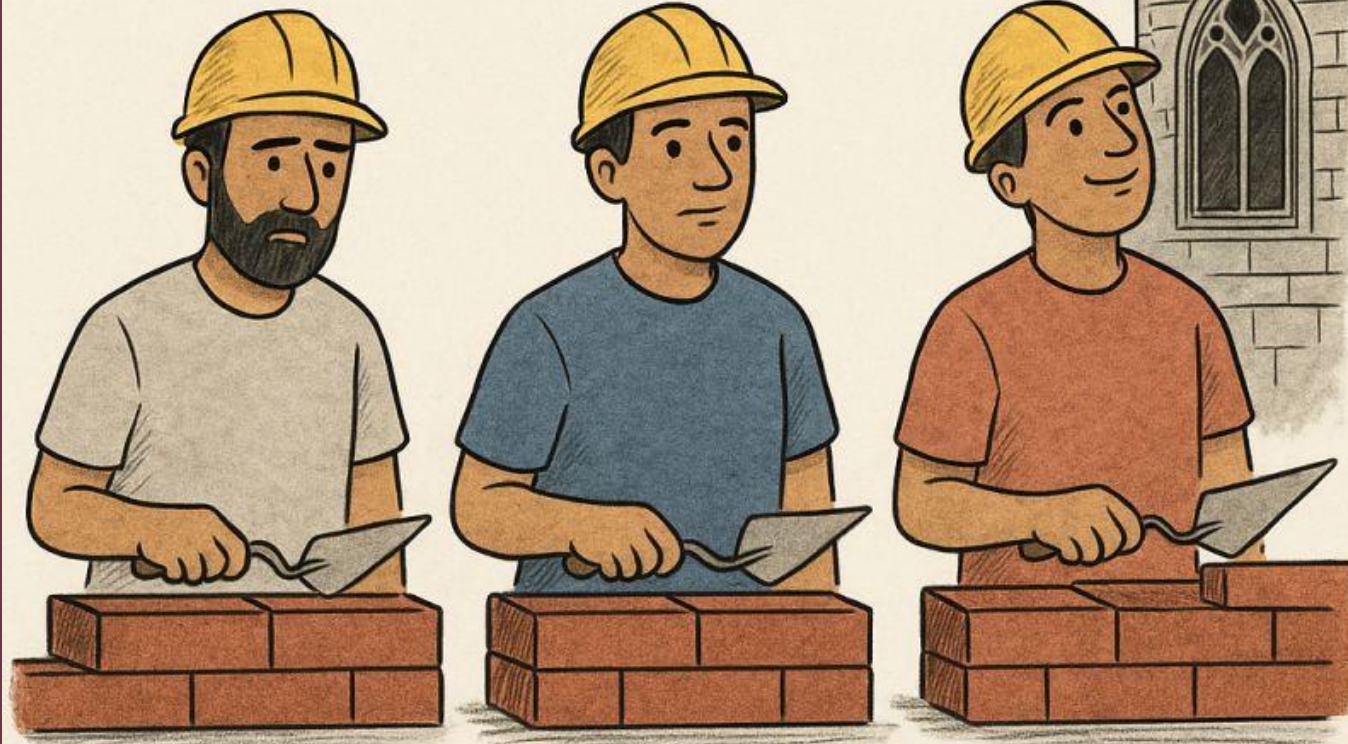


“I feel within me that future life...For half a century I have been translating my thoughts into prose and verse...but I feel I haven’t given utterance to the thousandth part of what lies within me. When I go to the grave I can say, as others have said, ‘My day’s work is done.’ But I cannot say, ‘My life is done.’ My work will recommence the next morning.”

- Victor Hugo



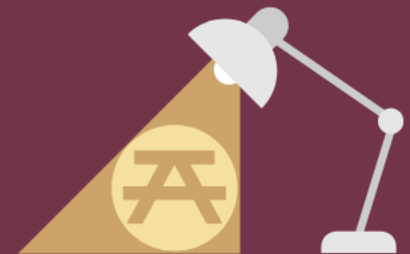
What are you doing?



COMPENSATION

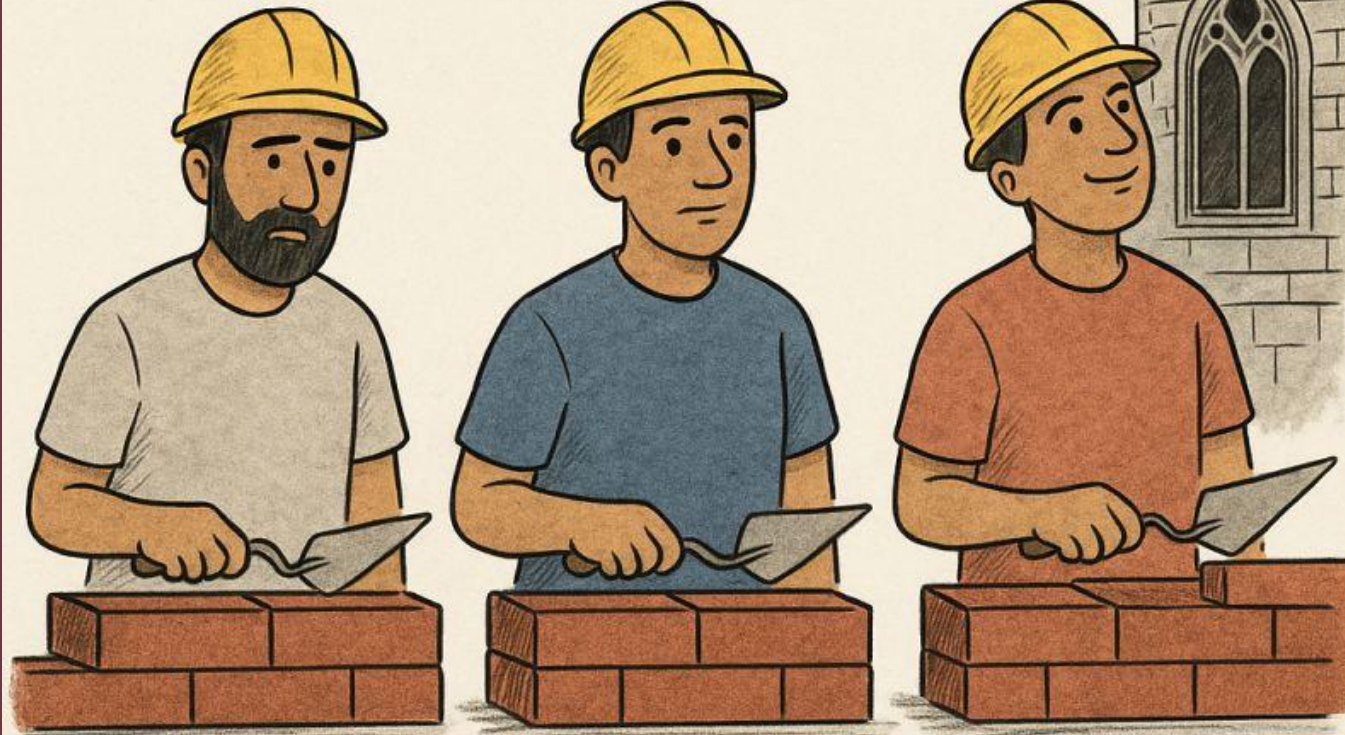
ACHIEVEMENT

CORE IDENTITY





What are you doing?

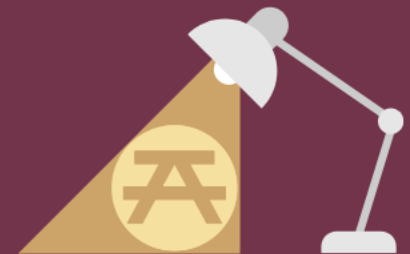


COMPENSATION

ACHIEVEMENT

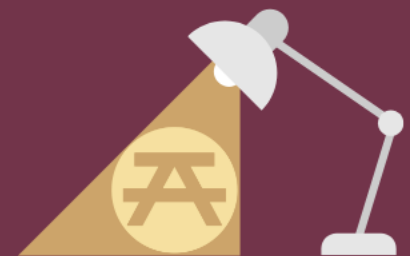
CALLING

CORE IDENTITY



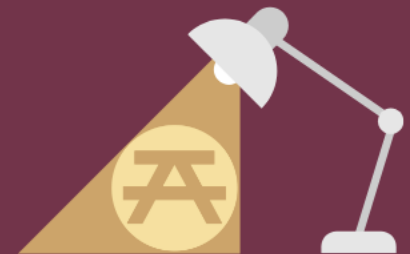
1 Corinthians 7:17

Only let each person lead the life that the Lord has assigned to him, and to which God has called him. This is my rule in all the churches.



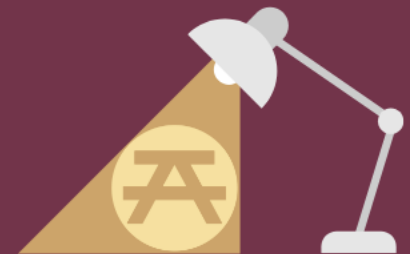
#4) Calling

- All legit work (not just “spiritual” work) = calling
- No longer me-centered; God- and other-centered.





“To make a real difference...[there would have to be] a reappropriation of the idea of vocation or calling, a return in a new way to the idea of work as a contribution to the good of all and not merely as a means to one’s own advancement.” - Robert Bellah in *Habits of the Heart*

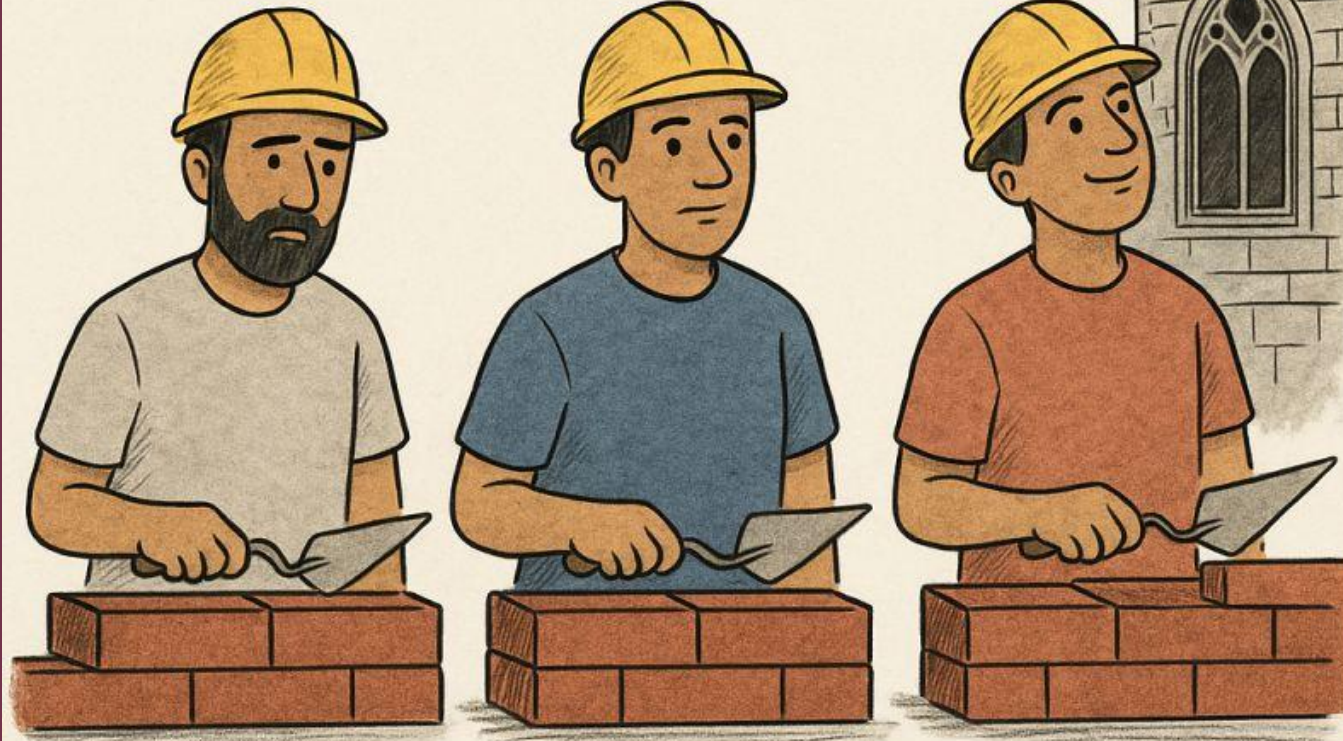


#4) Calling

- All legit work (not just “spiritual” work) = calling
- No longer me-centered; God- and other-centered.
- An enlarged vision of work



What are you doing?

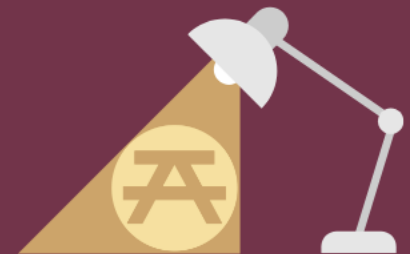


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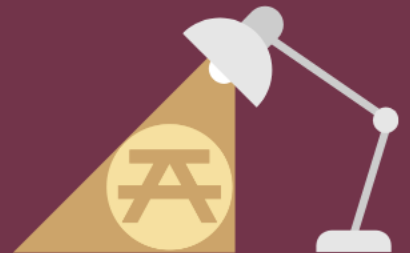
ACHIEVEMENT

CORE IDENTITY

CALLING



**Is your story of work
working?**



MAR
18
7:00

RE
NEW



FAITH & WORK: Session 2

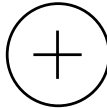
Renew: Faith & Work

Session 2: How We Do Work

I. How do I discover my calling?

Myth #1: My calling is what I find most _____.	Myth #2: Only _____ work, not _____, counts as a calling.
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Pursue your _____...but
get a _____.



Do what you _____...but
what do you _____?

II. How do I succeed at my calling?

We are called to be _____.

A) Follow the _____.



Resources

Books

- [*Every Good Endeavor: Connecting Your Work to God's Work*](#) – Timothy Keller
- [*Creation Regained*](#) – Albert Wolters
- [*Adorning the Dark*](#) – Andrew Peterson

Articles

- [Redeemer Center for Faith & Work: Industry Specific Resources](#)
- [Gospel Coalition Faith & Work Resources](#)
- [Gospel Coalition AI Report](#)
- <https://www.russellmoore.com/2026/02/18/your-understanding-of-calling-is-about-to-change-radically/>
- <https://www.thegospelcoalition.org/article/stop-overspiritualizing-calling/>
- <https://www.thegospelcoalition.org/blogs/kevin-deyoung/should-you-look-for-a-job-you-are-passionate-about/>
- <https://www.thegospelcoalition.org/article/share-christ-work/>
- <https://www.thegospelcoalition.org/article/5-habits-work/>
- <https://projects.seattletimes.com/mlk/words-blueprint.html>
- <https://x.com/cboyack/status/2021647373571862952>
- <https://www.newyorker.com/culture/2022-in-review/the-year-in-quiet-quitting>

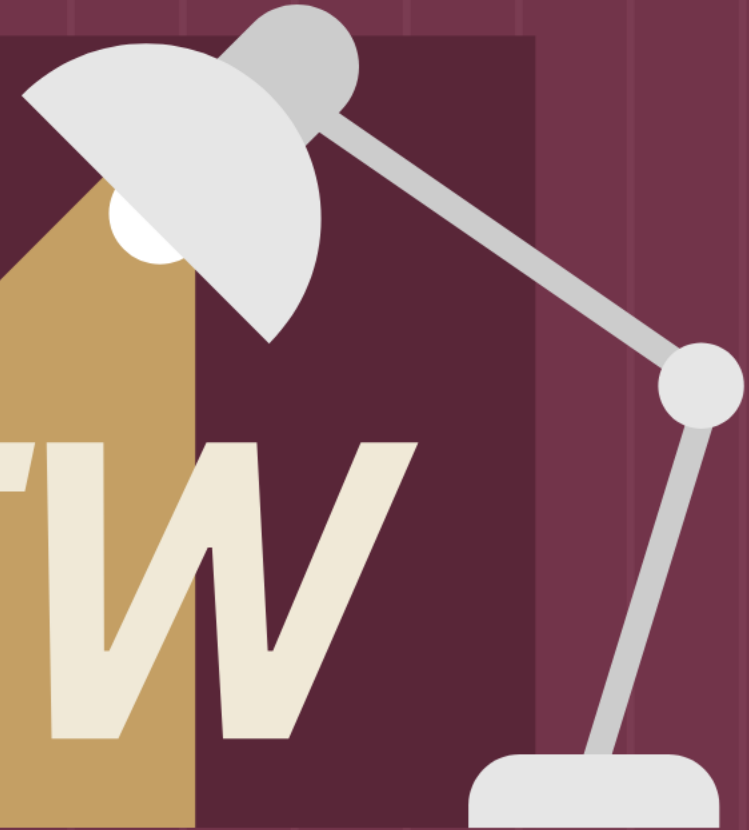
Video/Audio

- [What Biblical Principles Should Guide Entrepreneurs?](#) – Eden Chen
- [When Choosing a Career, Don't Just Follow Your Passion](#) – Bethany Jenkins
- [The High Value of At-Home Work](#) – Courtney Reissig



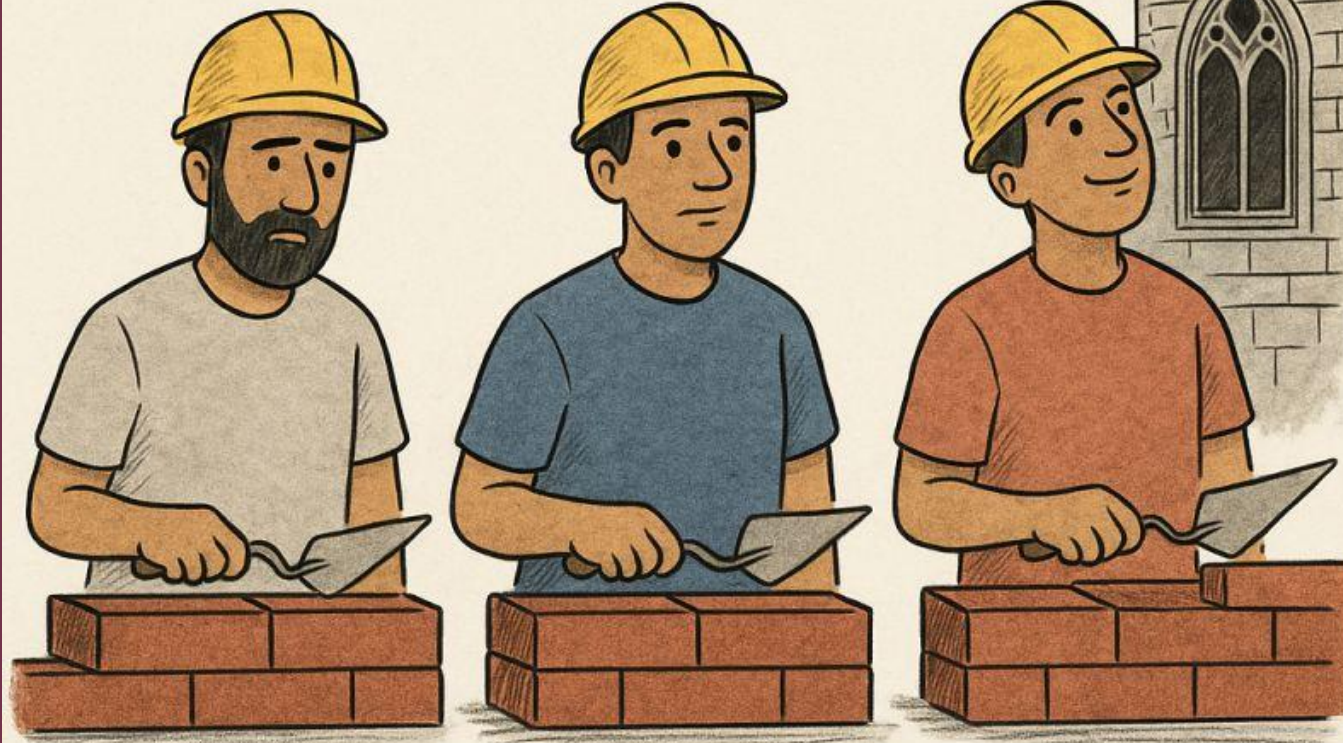
**FAITH
&
WORK**

**RE
NEW**



Session 2: How We Do Work

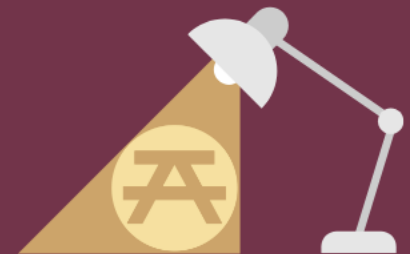
What are you doing?



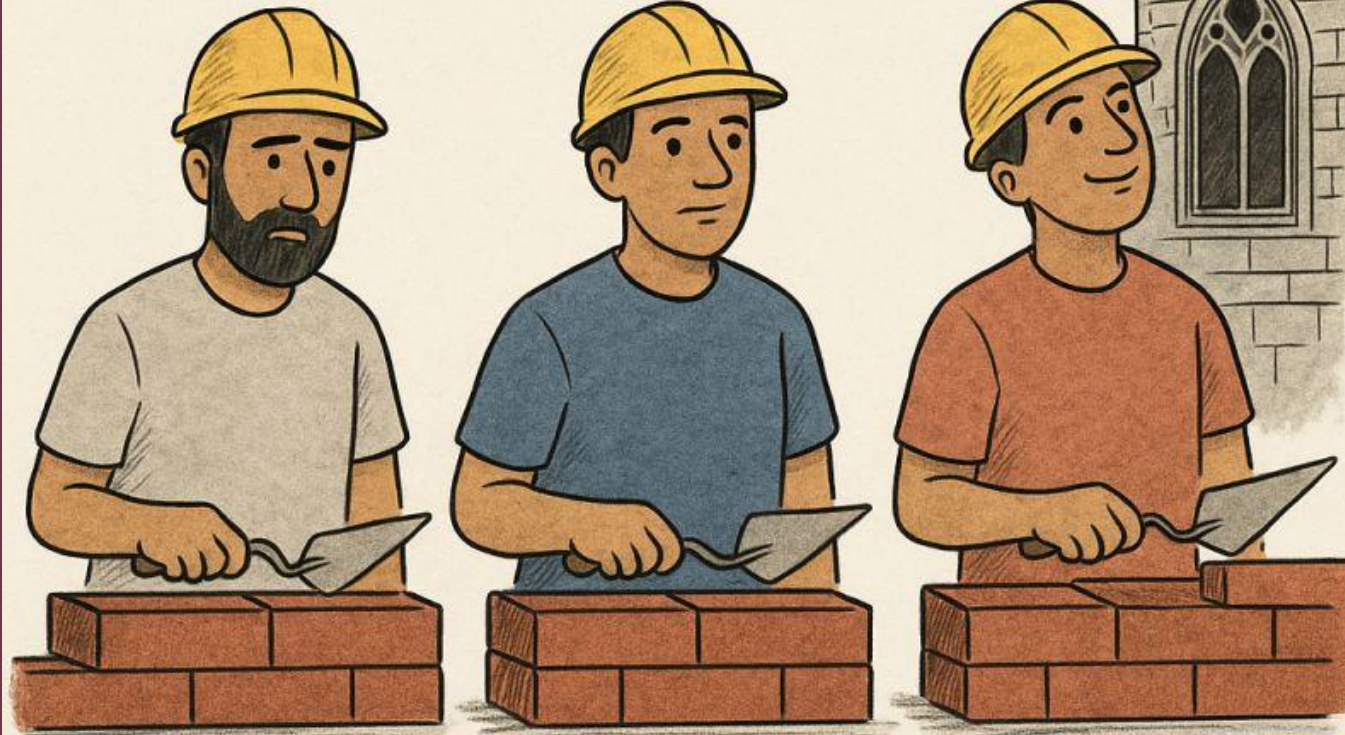
COMPENSATION

ACHIEVEMENT

CORE IDENTITY



What are you doing?

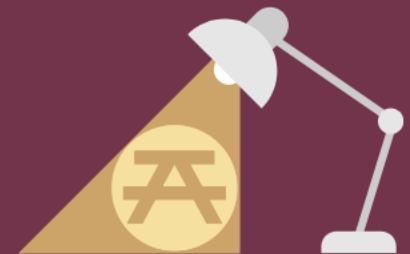


COMPENSATION

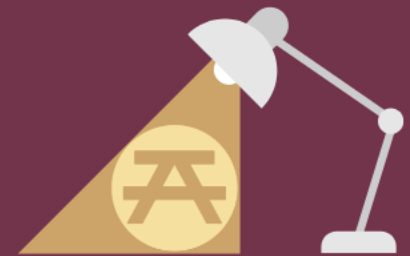
ACHIEVEMENT

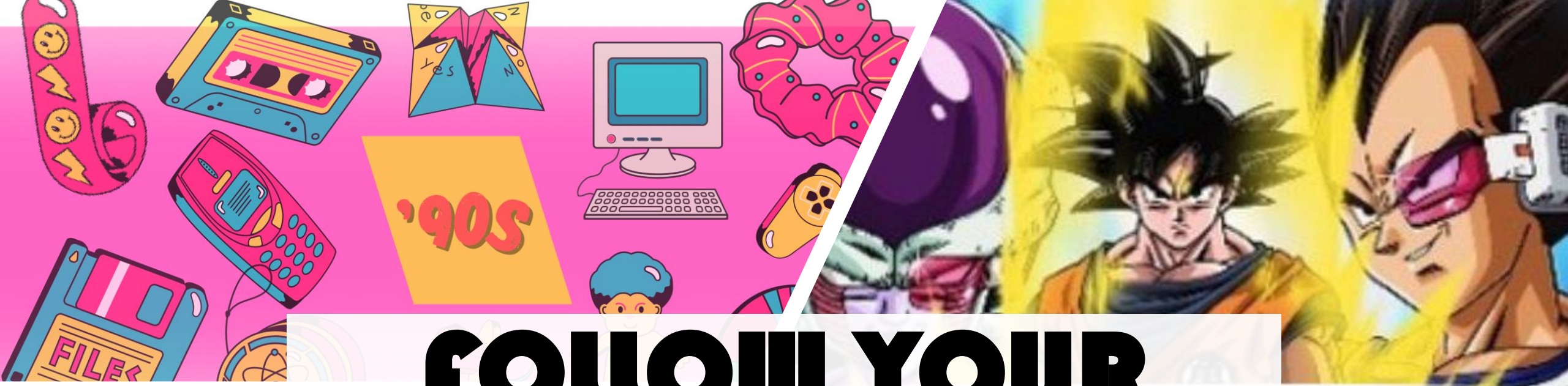
CALLING

CORE IDENTITY



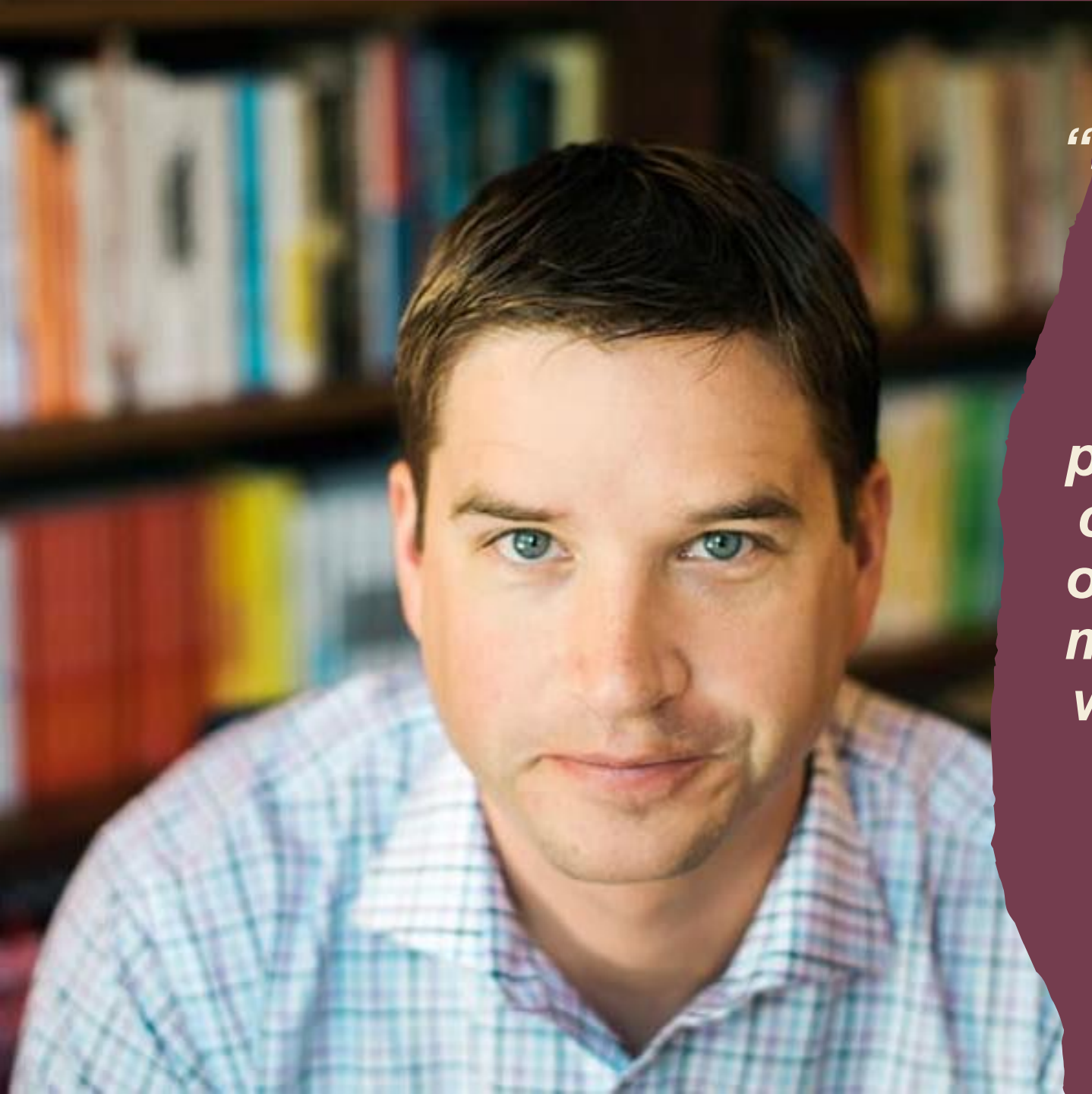
I. How do I discover my calling?





**FOLLOW YOUR
PASSION!**

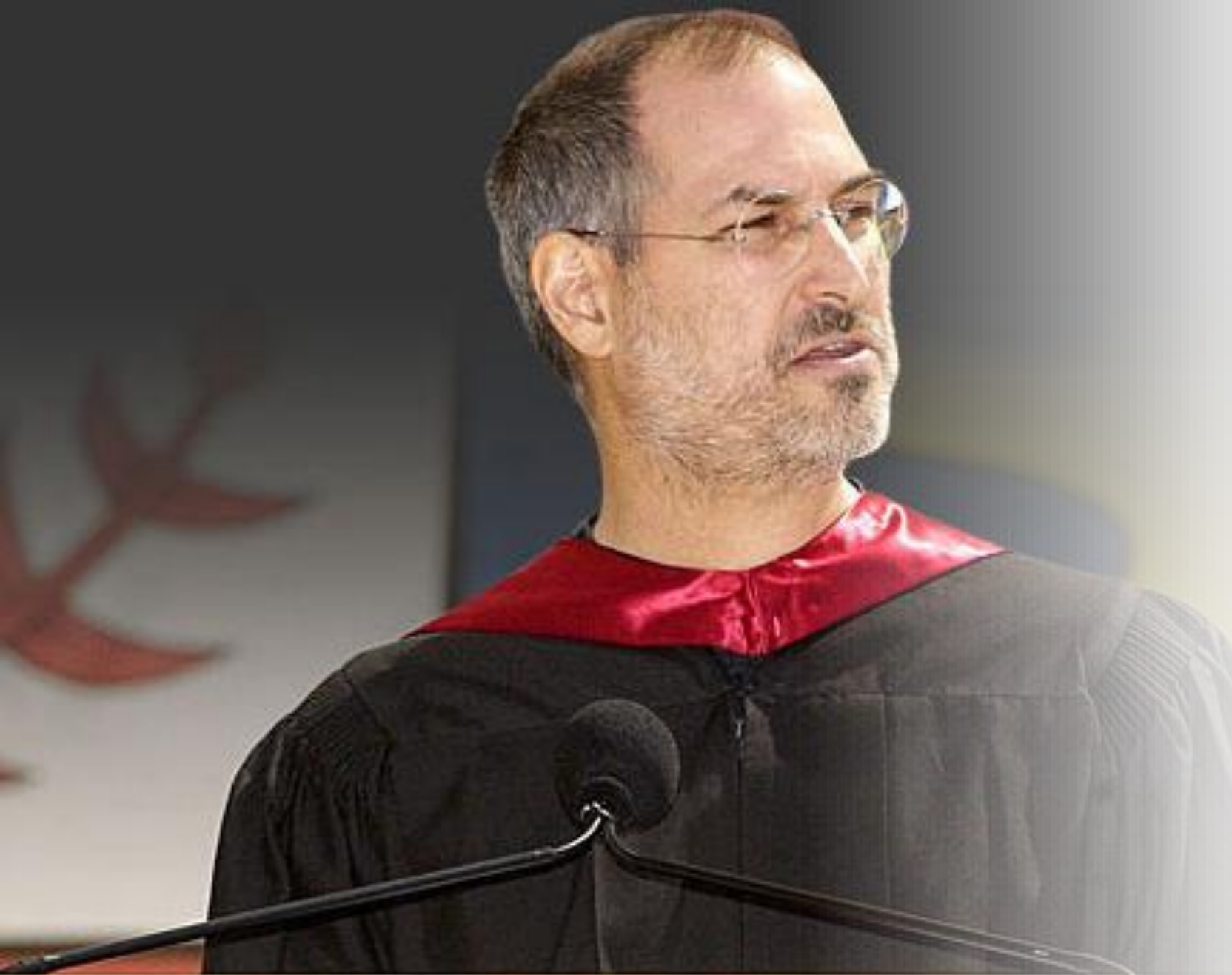




“It’s hard to find references to the phrase ‘follow your passion’ in the context of career advice until the nineteen-nineties, at which point the adage explodes into common usage....It’s hard to overstate the degree to which millennials...were bombarded with this message during our childhood.”

- Cal Newport in “The Year of Quiet Quitting”



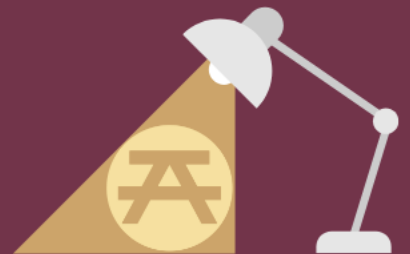


“You’ve got to find what you love... Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking—and don’t settle. As with all matters of the heart, you’ll know when you find it. And like any great relationship, it just gets better and better as the years roll on. So keep looking. Don’t settle.”

- Steve Jobs in his Commencement Address at Stanford University, 2005

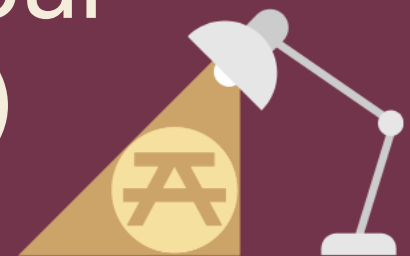
2 Myths

1. My calling is what I find most enjoyable.



1 Corinthians 7:17-21

(17) Only let each person lead the life that the Lord has assigned to him, and to which God has called him. This is my rule in all the churches... (20) Each one should remain in the condition in which he was called. (21) Were you a bondservant when called? Do not be concerned about it. (But if you can gain your freedom, avail yourself of the opportunity.)



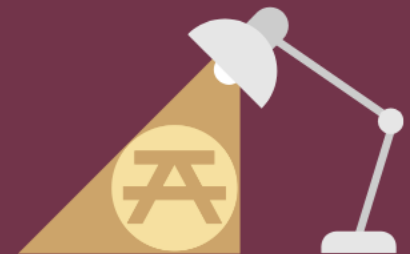
“No task will be [seen as] so sordid and base, provided you obey your calling in it, that it will not shine and be reckoned very precious in God’s sight.”

- John Calvin in *Institutes of the Christian Religion*



2 Myths

1. My calling is what I find most enjoyable.
2. Only sacred work, not secular, counts as a calling.





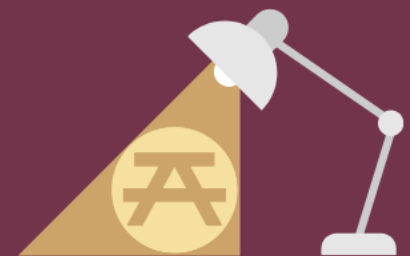
“It is pure invention that Pope, bishops, priests, and monks are called the ‘spiritual estate’ while princes, lords, artisans, and farmers are called the ‘temporal estate’...all Christians are truly of the spiritual estate and there is no difference among them except that of office.”

- Martin Luther in To the Christian Nobility of the German Nation



Colossians 3:23-24

(23) Whatever you do, work heartily, as for the Lord and not for men, (24) knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

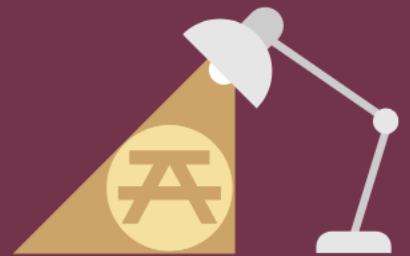


Matthew 25:35-40

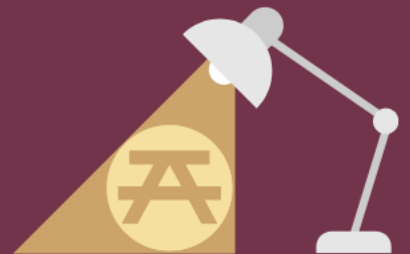
(25) For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, (36) I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ (37) Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? (38) And when did we see you a stranger and welcome you, or naked and clothe you? (39) And when did we see you sick or in prison and visit you?’ (40) And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’



**Pursue your
passion...but get a job.**



**Do what you love...but
what do you love?**







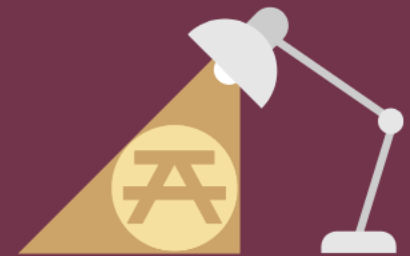
STALLINGS
FUNERAL HOME

P.A.

CREMATION SERVICES

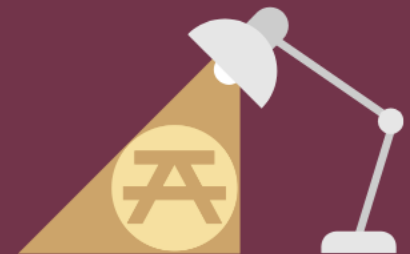
Family Owned & Operated

II. How do I succeed at my calling?



What are we called to be?

- Images!
 - Resemble and Royally Represent
- Craftsmen/women



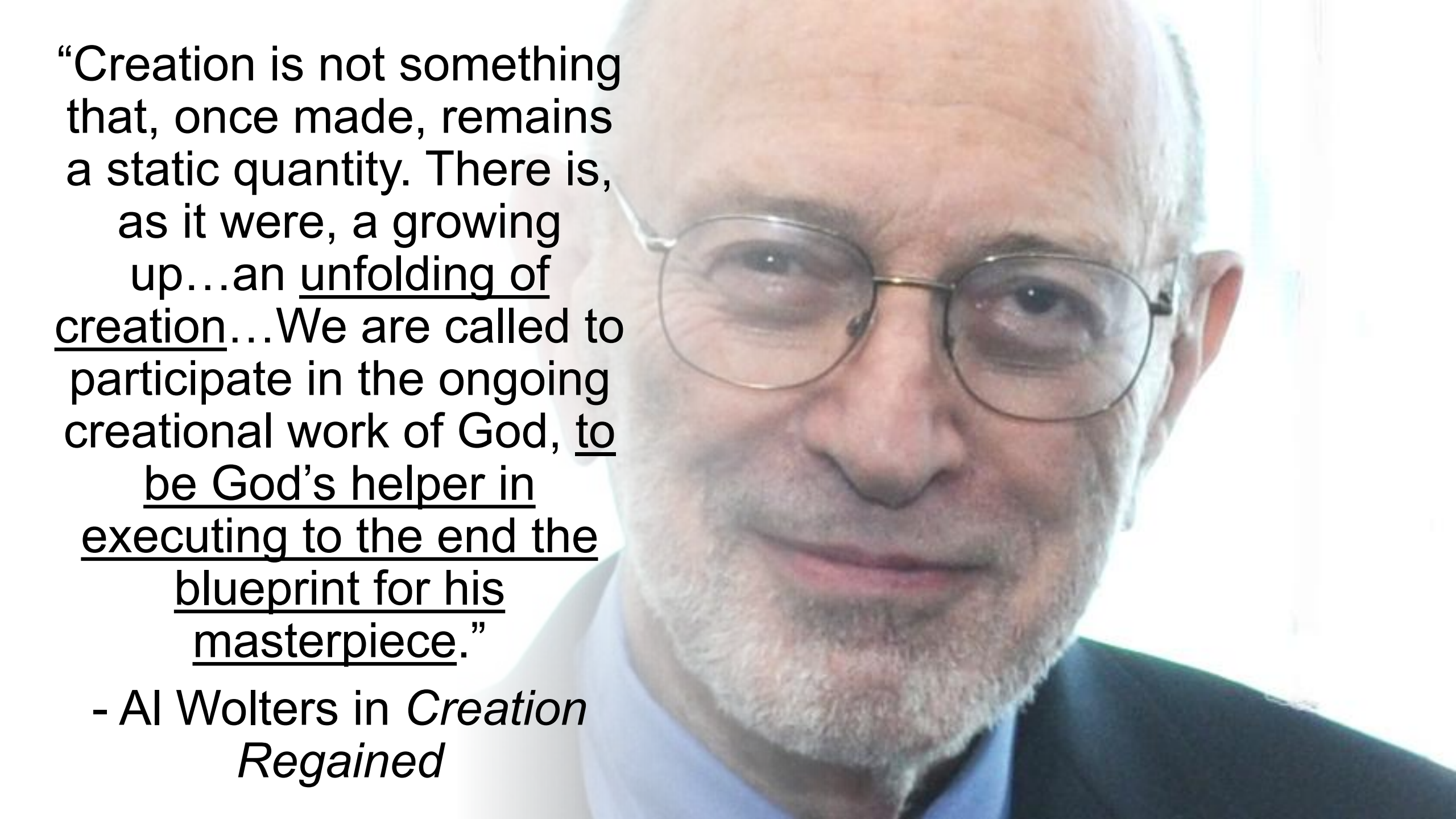
Genesis 1:2, 28

(2) The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters...(28) And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion...”







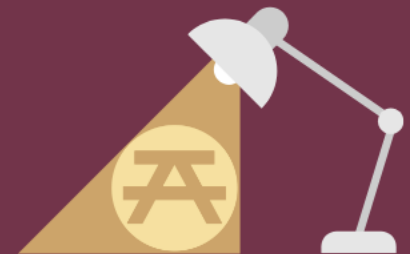


“Creation is not something that, once made, remains a static quantity. There is, as it were, a growing up...an unfolding of creation...We are called to participate in the ongoing creational work of God, to be God’s helper in executing to the end the blueprint for his masterpiece.”

- Al Wolters in *Creation Regained*

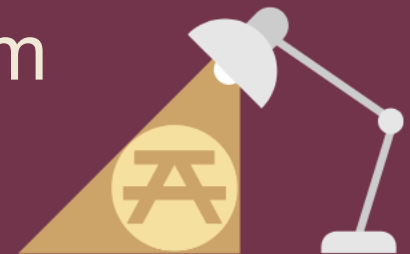
A) Follow the blueprint

- Wisdom



Proverbs 8:12-30

(12) “I, wisdom, dwell with prudence, and I find knowledge and discretion...(15) By me kings reign, and rulers decree what is just; (16) by me princes rule, and nobles, all who govern justly....(22) “The LORD possessed me at the beginning of his work, the first of his acts of old. (23) Ages ago I was set up, at the first, before the beginning of the earth...(29) when he assigned to the sea its limit, so that the waters might not transgress his command, when he marked out the foundations of the earth, (30) then I was beside him, like a master workman, and I was daily his delight, rejoicing before him always.



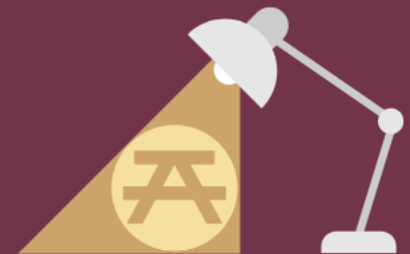
Isaiah 28:24-29

(24) Does he who plows for sowing plow continually? Does he continually open and harrow his ground? (25) When he has leveled its surface, does he not scatter dill, sow cumin, and put in wheat in rows and barley in its proper place, and emmer as the border? (26) For he is rightly instructed; his God teaches him. (27) Dill is not threshed with a threshing sledge, nor is a cart wheel rolled over cumin, but dill is beaten out with a stick, and cumin with a rod. (28) Does one crush grain for bread? No, he does not thresh it forever; when he drives his cart wheel over it with his horses, he does not crush it. (29) This also comes from the LORD of hosts; he is wonderful in counsel and excellent in wisdom.



A) Follow the blueprint

- Wisdom
 - *Observation, experience, trial & error, community*



Romans 1:18-20

(18) For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

(19) For what can be known about God is plain to them, because God has shown it to them. (20) For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.



Scripture →

Wisdom →



A) Follow the blueprint

- Wisdom
 - *Observation, experience, trial & error, community*
- Scripture
 - *A clear vision for the end goal*







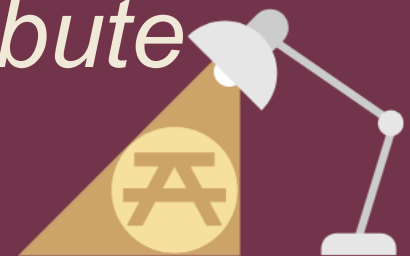
“Can you imagine it? A world in which Adam and Eve’s ever-expanding family would be provided the guidance they needed to explore and develop their world such that the success of the strong did not involve the deprivation of the weak. Here government would be wise and just and kind, resources plentiful, war unnecessary, achievement unlimited and beauty and balance everywhere...[and] God’s original intent is his final intent and everything that lies between is one extraordinary rescue plan.”

***- Sandra Richter in
The Epic of Eden***



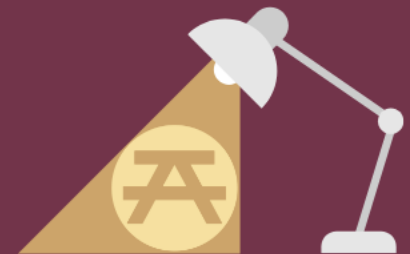
A) Follow the blueprint

- Questions to ask:
 - *What kind of structure did God create my work to be? Home, palace, market, etc.*
 - *What kinds of behaviors or attitudes make my work flourish?*
 - *What makes it struggle?*
 - *How does my specific field of work contribute to God's ultimate vision for creation?*



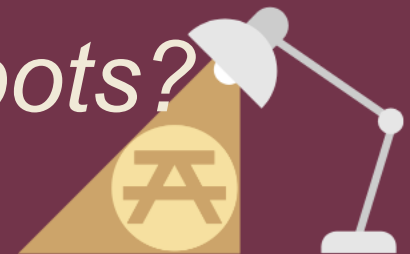
B) Identify & repair brokenness

- Not just builders; also inspectors & repairers
- Look for idols



B) Identify & repair brokenness

- Questions to ask:
 - *Where has the structure of my work been damaged or weakened?*
 - *Where is it failing to honor God and contribute to his vision for creation?*
 - *What are the particular idols I am most prone to worship in my field of work?*
 - *How can I avoid and repair these weak spots?*



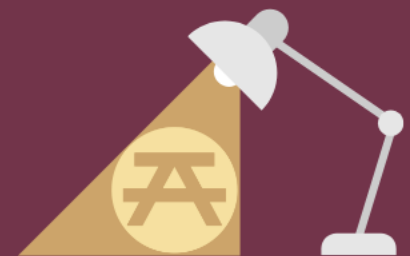
Common Work Weaknesses & Idols

Business	Journalism	Education	Arts	Medicine
Money Power Influence	Influence Originality Skepticism Being first	Status Knowledge Expertise Pride	Self-expression Originality Freedom Pride	Pride Moral superiority Cynicism Detachment

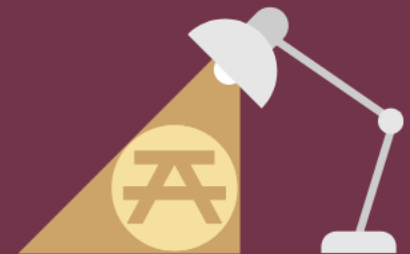


B) Identify & repair brokenness

- Not just builders; inspectors & repairers
- Look for idols
- Brokenness is not inherent in work

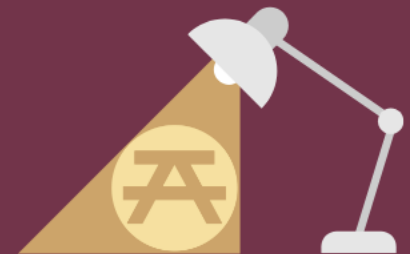


C) Do good work



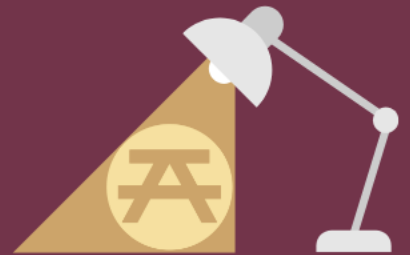
Ephesians 4:28

Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.



C) Do good work

- Morally good
- Socially good



“Work is the form in which we make ourselves useful to others . . . in which others make themselves useful to us. [Look at] the chair you are lounging in. . . Could you have made it for yourself? . . . How [would you] get, say, the wood? Go and fell a tree? But only after first making the tools for that, and putting together some kind of vehicle to haul the wood, and constructing a mill to do the lumber and roads to drive on from place to place? In short, a lifetime or two to make one chair!”

- Lester DeKoster in *Work: The Meaning of Your Life*



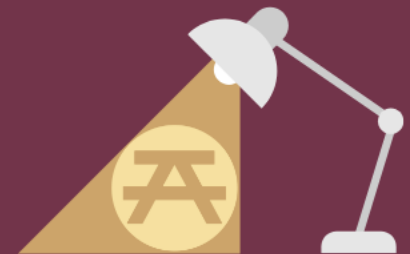
“Imagine that everyone quits working, right now! What happens? Civilized life quickly melts away. Food vanishes from the shelves, gas dries up at the pumps, streets are no longer patrolled, and fires burn themselves out. Communication and transportation services end, utilities go dead. Those who survive at all are soon huddled around campfires, sleeping in caves, clothed in raw animal hides. The difference between [a wilderness] and culture is simply, work.”

- Lester DeKoster in *Work: The Meaning of Your Life*



C) Do good work

- Morally good
- Socially good
- Aesthetically good



“The church’s approach to an intelligent carpenter is usually confined to exhorting him to not be drunk and disorderly in his leisure hours and to come to church on Sundays. What the church should be telling him is this: that the very first demand that his religion makes upon him is that he should make good tables.”

- Dorothy Sayers in Creed or Chaos?



God pretending to like early 90s worship music

@memesforjesus

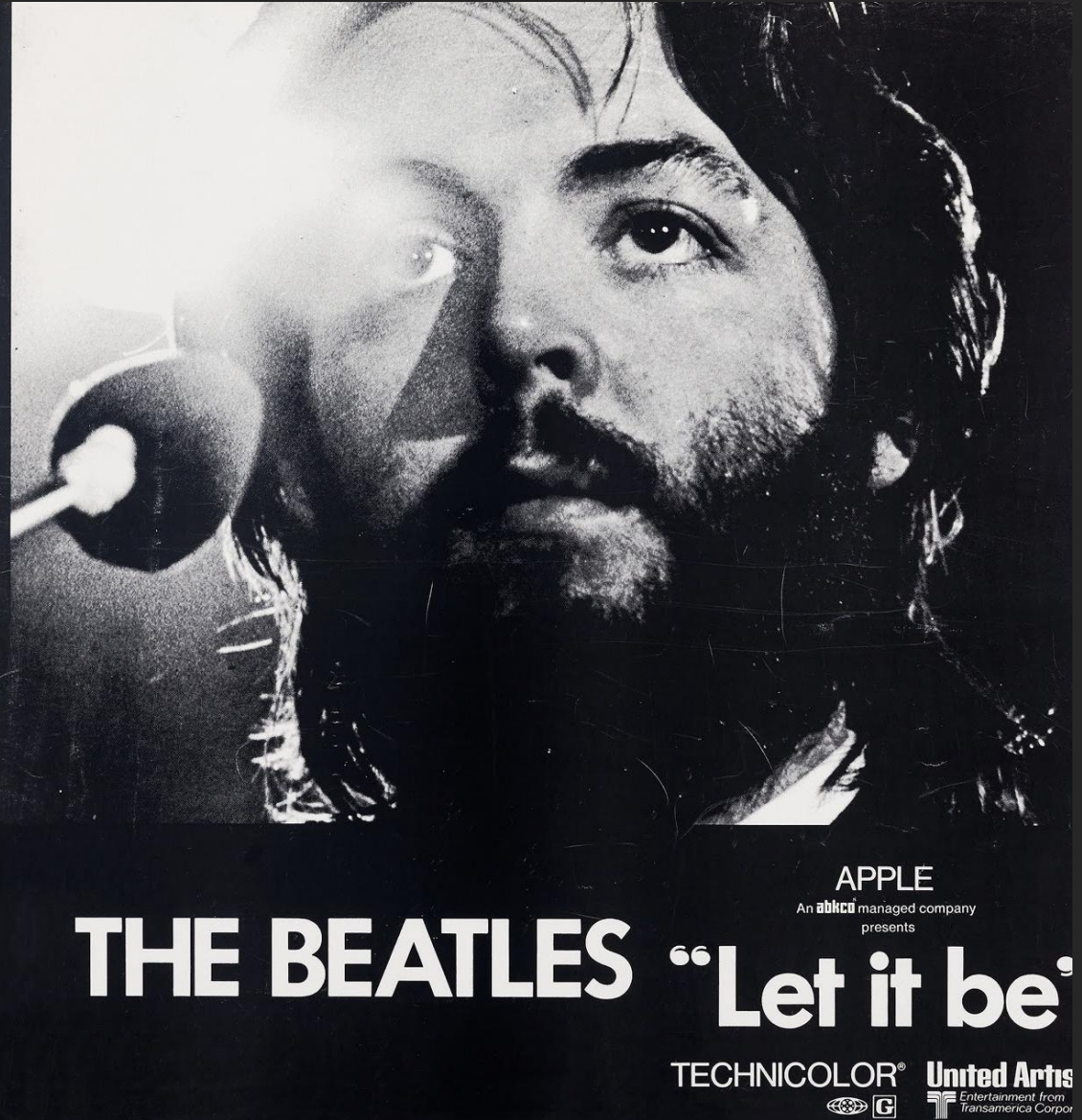




“Much so-called religious art is in fact bad art and therefore bad religion...there is nothing so secular that it cannot be sacred and that is one of the deepest messages of the Incarnation.”

- Madeleine L'Engle in *Walking On Water*





APPLE
An abkco managed company
presents

THE BEATLES "Let it be"

TECHNICOLOR®
United Artists
Entertainment from
Transamerica Corpor



Stereo
Can also be
played on mono
equipment.
See store cover

Simon
and
Garfunkel
Bridge
Over
Troubled
Water

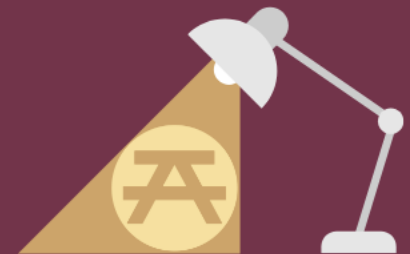




“Even it falls your lot to be a street sweeper, go on out and sweep streets like Michelangelo painted pictures, sweep streets like Handel and Beethoven composed music, sweep streets like Shakespeare wrote poetry. Sweep streets so well that all the hosts of heaven and earth will have to pause and say, here lived a great street sweeper who swept his job well.”

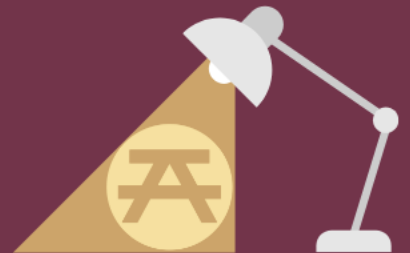
***- Martin Luther King, Jr. in
“What is Your Life’s
Blueprint?”***

III. How do I fail at my calling?



How do I fail?

- Expect failure



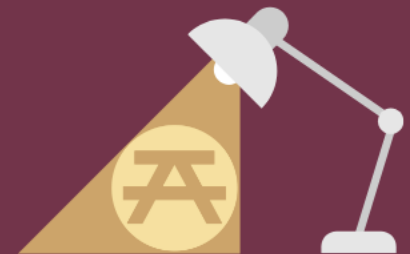
“Just because you cannot realize your highest aspirations in work does not mean you have chosen wrongly, or are not called to your profession, or that you should spend your life looking for the perfect career that is devoid of frustration. That would be a fruitless search for anyone. You should expect to be regularly frustrated in your work even though you may be in exactly the right vocation.”

- Tim Keller in *Every Good Endeavor*



How do I fail?

- Expect failure
- Embrace failure



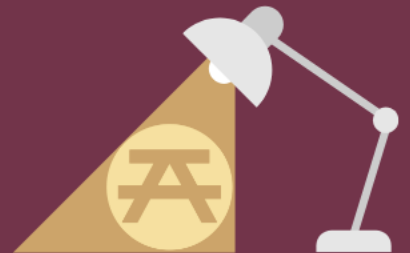
Romans 8:28-29

(28) And we know that for those who love God all things work together for good, for those who are called according to his purpose. (29) For those whom he foreknew he also predestined to be conformed to the image of his Son...



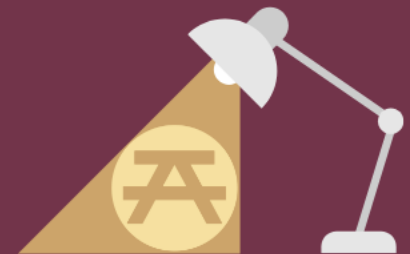
How do I fail?

- Expect failure
- Embrace failure
 - *The gospel empowers us*

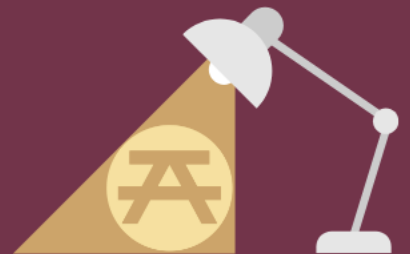


Revelation 21:5

And he who was seated on the throne said, “Behold, I am making all things new.”



**We can fail because
Jesus has succeeded
and will succeed.**



Renew: Faith & Work

Session 3: How We Don't Work

I. The Story of Sabbath

Exodus

Genesis

New Testament & Jesus

Keeping the Sabbath is less about _____ to a _____
and more about the _____ of _____.

II. The Significance of Sabbath

_____ &
_____ Health

_____ Health

_____ Health

III. Steps for Keeping Sabbath

1. _____

2. _____

3. _____

4. _____

5. _____



Week 3:

1. What could you do (or not do) on a Sabbath day to be more present with God? With yourself? With those you love?
2. According to the definition we saw in the class, what would it look like for you to play on the Sabbath? What forms of play refresh you? What forms of play should you avoid?
3. It's been said that "Sabbath is a rehearsal for death." What do you think that means?

Resources

Books

- [*Subversive Sabbath*](#) – A.J. Swoboda
- [*The Lost World of Genesis One*](#) – John Walton
- [*You Are What You Love: The Spiritual Power of Habit*](#) – James K.A. Smith

Articles

- [Holy Play: A Christian Theology of Sport & Competition](#)
- <https://founders.org/articles/where-is-the-sabbath-in-the-early-church-part-1/>
- <https://founders.org/articles/gods-rest-as-prescriptive/>
- <https://founders.org/articles/the-sabbath-as-a-creation-ordinance/>
- <https://www.thegospelcoalition.org/blogs/justin-taylor/schreiner-qa-is-the-sabbath-still-required-for-christians/>
- <https://www.thegospelcoalition.org/article/sabbath-enduring-principle/>
- <https://www.thegospelcoalition.org/article/christians-sabbatarians/>
- <https://www.practicingtheway.org/sabbath>
- https://www.theatlantic.com/magazine/2026/05/john-mark-comer-spiritual-practices/686586/?gift=FgeI_WQ8goYNiqy9M57CwS3H8qso6ggTiiZbLyx72Xw&utm_source=copy-link&utm_medium=social&utm_campaign=share

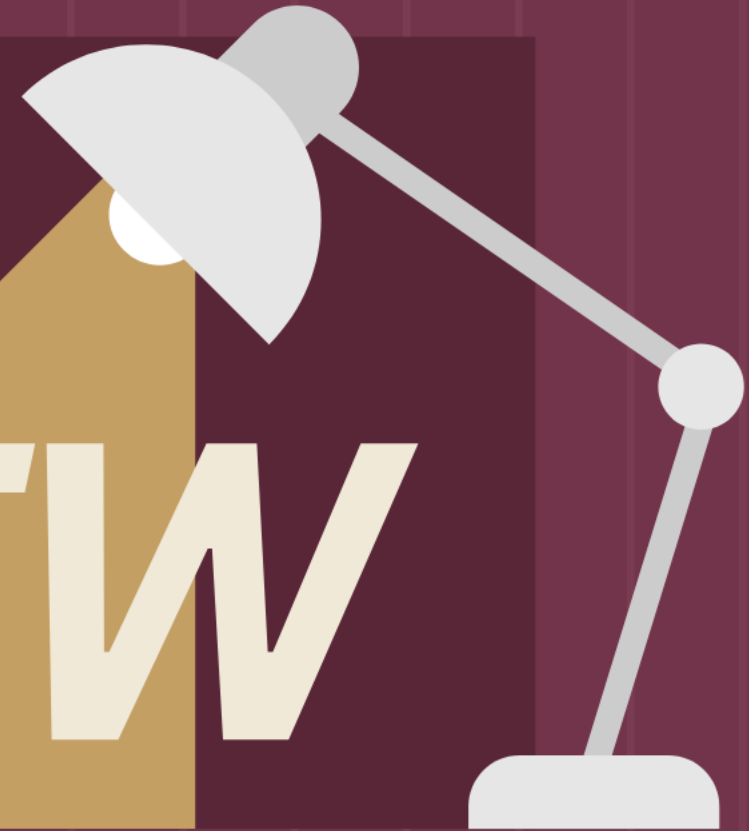
Video/Audio

- [How Ben Sasse is Living Now that He's Dying](#) – Interview with Ben Sasse
- [Sabbath](#) – Bible Project
- [Seventh-Day Rest Podcast Episode](#) – Bible Project
- [What does it practically mean to keep the Sabbath holy?](#) – Desiring God Ministries
- [Rest That Liberates](#) – Interview with A.J. Swoboda
- [Work & Rest Sermon](#) – Pastor Tim Keller



**FAITH
&
WORK**

**RE
NEW**



Session 3: How We Don't Work

FOOD  LION

Easy
fresh



THE
Book of Sports,

As set Forth by

King Charles the I.

WITH
REMARKS

Upon the same.

LONDON,

Printed in the Year M.D.XXXIII. by Robert Barker,
Printer to the Kings most Excellent Majesty, and by
the Assignes of John Bill, and now Reprinted in the
Year 1709. and Sold by J. Baker, at the Black-Boy
in Peter-Noster-Row.

Price One Penny.

May the Boocke of Sportes upon the L
by the Hangman in the place where the
change



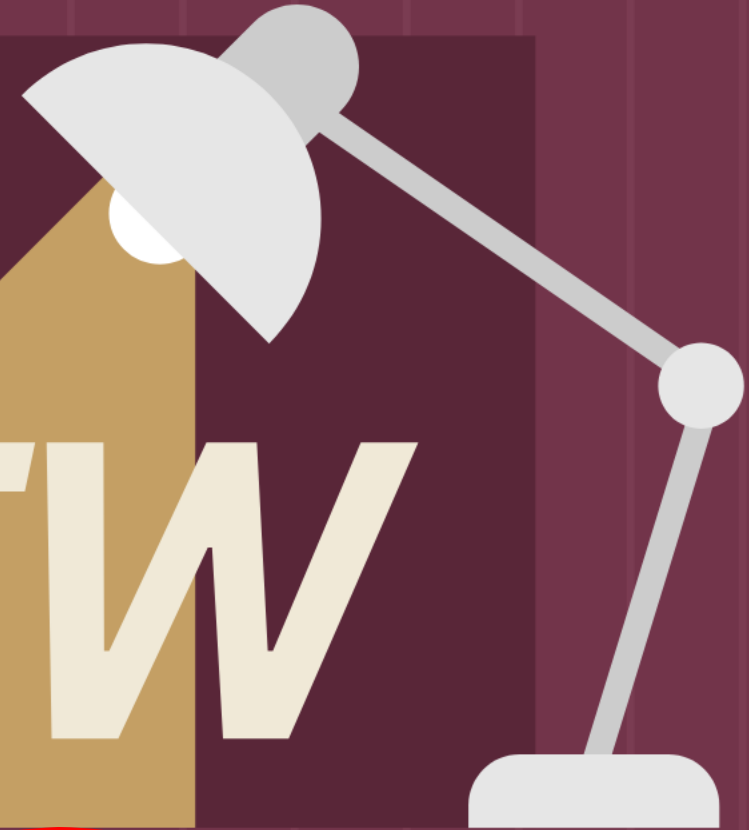
“The result of our Sabbath amnesia is that we have become perhaps the most emotionally exhausted, psychologically overworked, spiritually malnourished people in history.”

***- A.J. Swoboda in
Subversive Sabbath***



**FAITH
&
WORK**

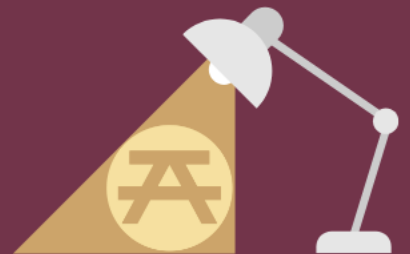
**RE
NEW**



Session 3: How We Don't Work

1 John 5:21

Little children, keep yourselves from idols.





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Latest

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The Atlantic

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May 2026 Issue

EXPLORE 



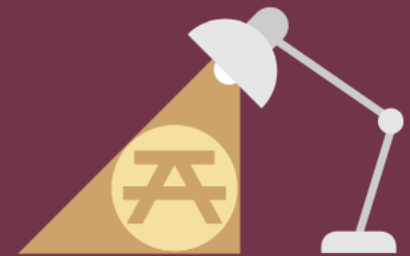
CULTURE

IS HURRY THE GREAT ENEMY OF SPIRITUAL LIFE?

Pastor John Mark Comer has won a massive audience by encouraging his followers to free themselves from the gnawing sense that there is always more to do.

By Nancy Walecki

I. The Story of Sabbath

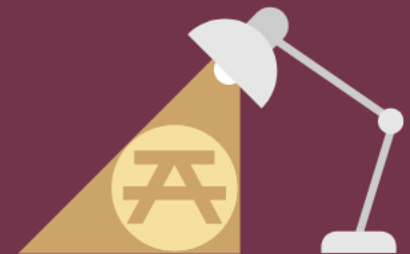




Exodus 1:11-14

(11) Therefore they set taskmasters over them to afflict them with heavy burdens. They built for Pharaoh store cities, Pithom and Raamses...

(13) So they ruthlessly made the people of Israel work as slaves (14) and made their lives bitter with hard service, in mortar and brick, and in all kinds of work in the field...



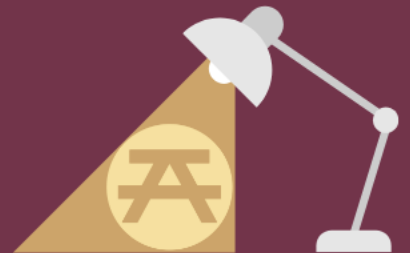
Exodus 5:3-8

(3) Then they said, “The God of the Hebrews has met with us. Please let us go a three days’ journey into the wilderness that we may sacrifice to the LORD our God...(4) But the king of Egypt said to them, “Moses and Aaron, why do you take the people away from their work? Get back to your burdens.”...(6) The same day Pharaoh commanded the taskmasters of the people and their foremen, (7) “You shall no longer give the people straw to make bricks, as in the past; let them go and gather straw for themselves. (8) But the number of bricks that they made in the past you shall impose on them, you shall by no means reduce it, for they are idle. Therefore they cry, ‘Let us go and offer sacrifice to our God.’



The Sabbath Story

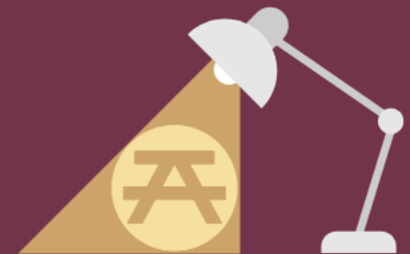
- We live in an “Egyptian” world
- We need a new story

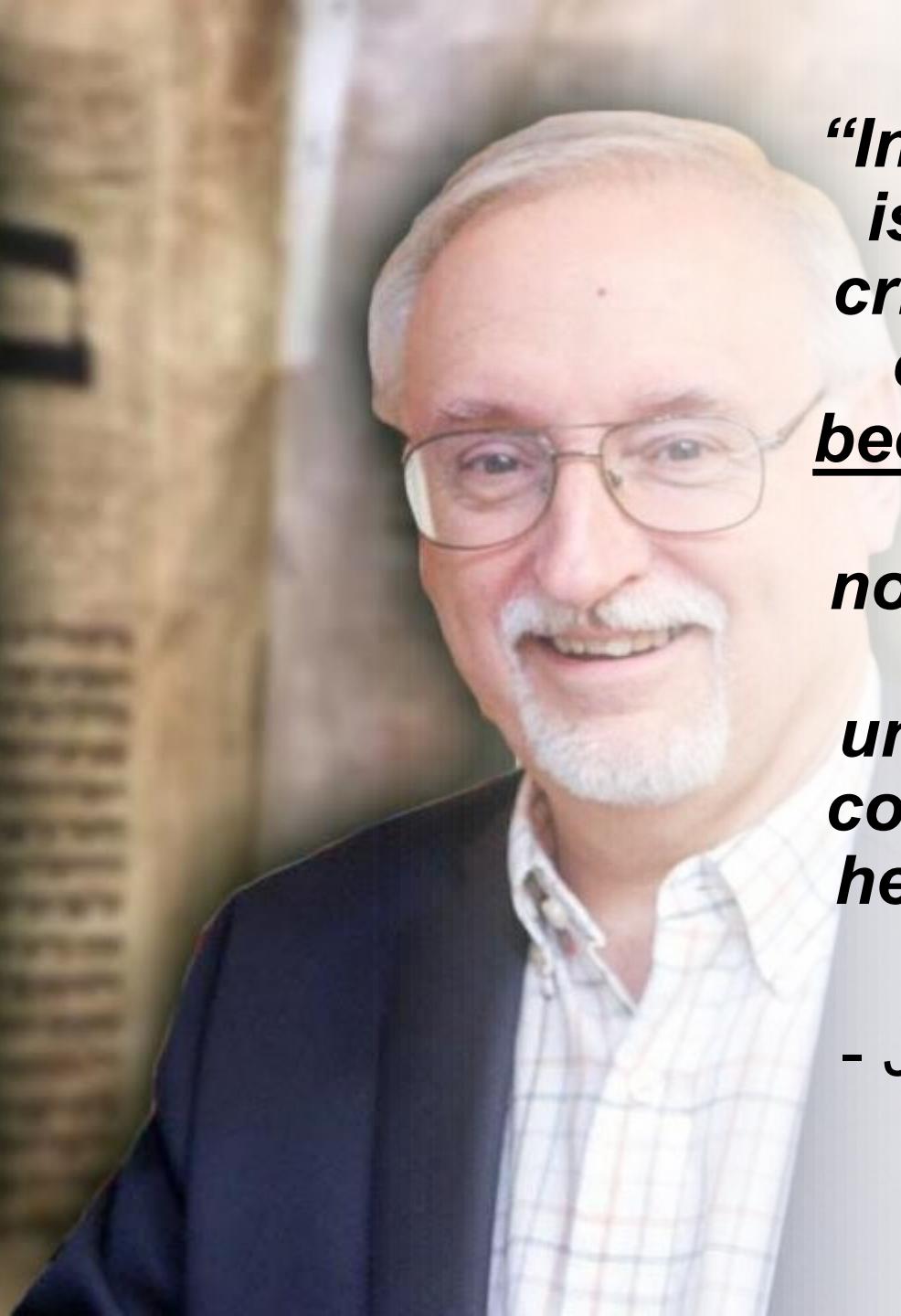
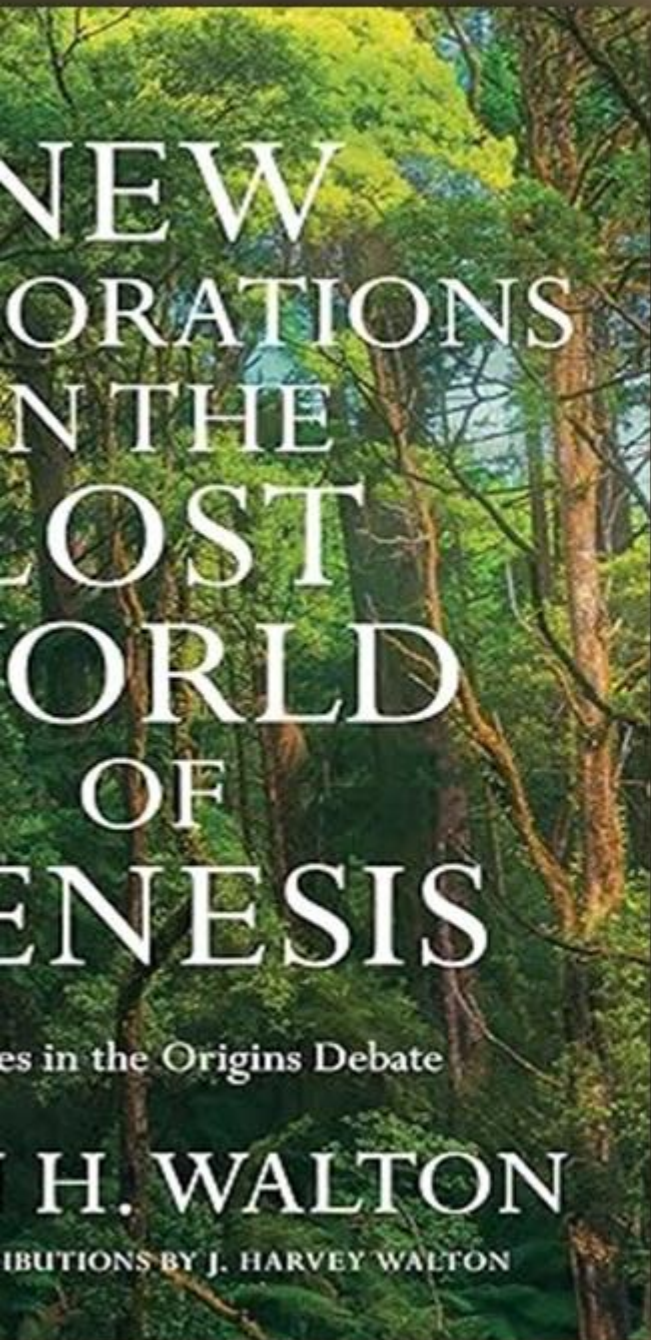


<p>1 Day & Night (1:1-5)</p>	<p>2 Waters Above (the heavens) & Waters Below (the oceans) (1:6-8)</p>	<p>3 Land & Vegetation (1:11-12)</p>	<p>6b Man & Woman to rule: land animals, fish, birds, “all the earth.”</p>	<p>7 God to rule: humanity, land animals, fish, birds, “Thus the heavens and the earth were completed... and God rested... God blessed & sanctified that seventh day.” (2:2)</p>
<p>4 Sun to rule the day Moon to rule the night (1:16-18)</p>	<p>5 Birds to rule the heavens; fish to rule the seas “And God said be fruitful, multiply... fill your domain.” (1:22)</p>	<p>6a Land Animals & Humanity “Let the land produce living creatures.” (1:24-26)</p>	<p>“Be fruitful, multiply, fill the earth, subdue it, rule over... every living thing that moves upon the earth.” (1:26)</p>	

Genesis 2:2-3

(2) 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. (3) 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.



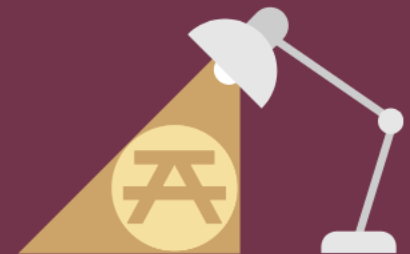


“In the ancient world rest is what results when a crisis has been resolved or when stability has been achieved...for [God] this means that the normal operations of the cosmos can be undertaken...he is in the control room from where he runs the cosmos that he has set up.”

- John Walton in *The Lost World of Genesis One*

The Sabbath Story

- We live in an “Egyptian” world
- We need a new story
- Sabbath shalom is God’s goal for creation



ORIGINAL CREATION

DAY 1

God's
Word
begins
creation

DAY 6

God
finishes
initial
work of
creation

DAY 7

God
rests

NEW CREATION

DAY 1

God's
Word-Made-
Flesh enters
Jerusalem
to begin his
work of New
Creation

DAY 6

The Son of
God
finishes
initial work
of new
creation
("It Is
Finished")

DAY 7

The Son of
God rests
in the tomb



The Sabbath Story

- We live in an “Egyptian” world
- We need a new story
- Sabbath shalom is God’s goal for creation
- Jesus came to restore Sabbath shalom



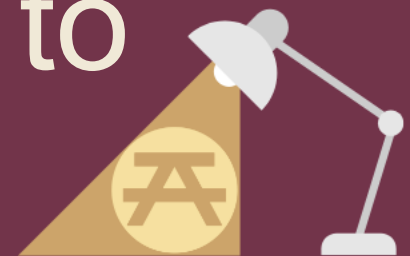
Hebrews 4:3-11

(3) For we who have believed [the good news] enter that rest...(9) So then, there remains a Sabbath rest for the people of God, (10) for whoever has entered God's rest has also rested from his works as God did from his. (11) Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

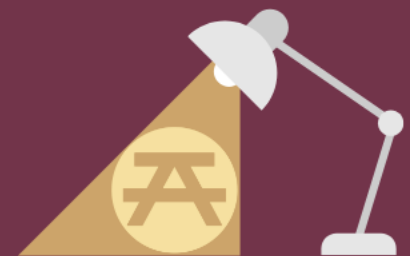


Colossians 2:16-17

(16) Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. (17) These are a shadow of the things to come, but the substance belongs to Christ.



**Keeping the Sabbath is less
about obedience to a
command and more about
the wisdom of creation.**

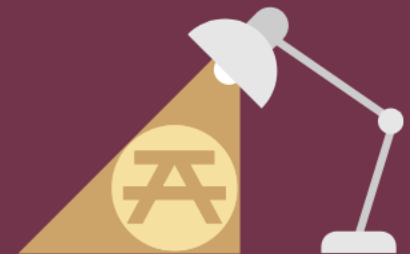



II. The Significance of Sabbath



Significance of the Sabbath

- Physical & Mental Health



A man with short, light-colored hair is shown in profile, looking towards the right. He is wearing a light blue button-down shirt. The background is a scenic view of a coastal town with white buildings and orange roofs, situated on a hillside. In the distance, there are rolling green mountains under a clear sky. The overall color palette is dominated by blues, greens, and oranges.

LIVE TO 100

SECRETS OF THE
BLUE ZONES

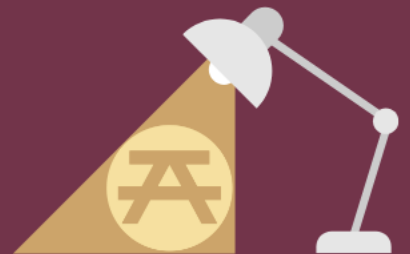
NETFLIX

“[Seventh-Day Adventists] take this idea of Sabbath very seriously, so they're decompressing the stress...About 84 percent of health care dollars are spent because of bad food choices, inactivity and unmanaged stress, and they have these cultural ways of managing stress through their Sabbath.”

- Dan Buettner in *Huffington Post* Article, 2014

Significance of the Sabbath

- Physical & Mental Health
- Relational Health



Deuteronomy 5:14

But the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.



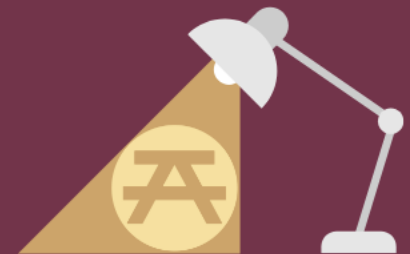
“Being a Sabbath-keeper is basically the art of letting people down at a rate they can handle... Sabbath creates a context where healthy relationships between people in community can be established because there are healthy boundaries.”

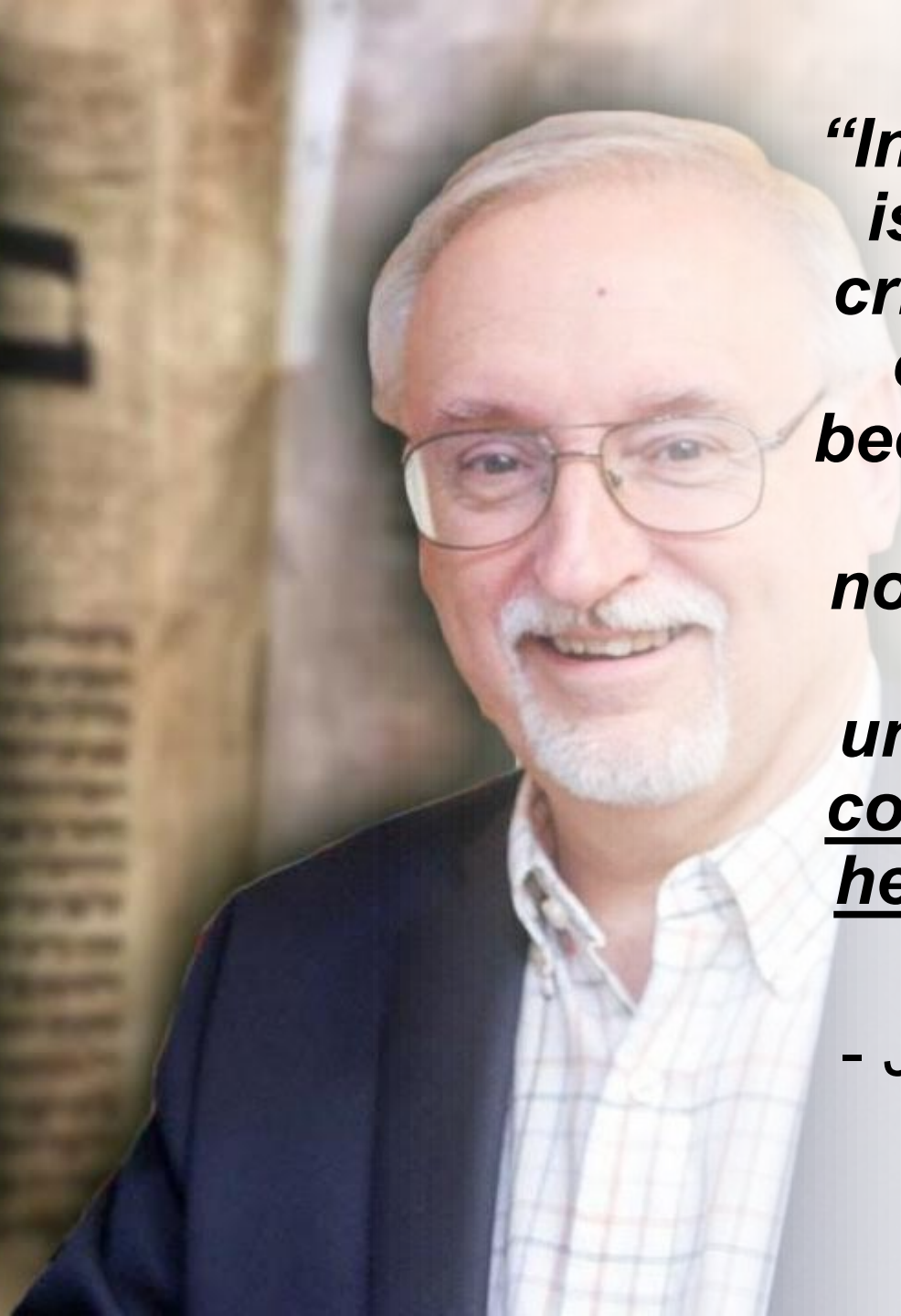
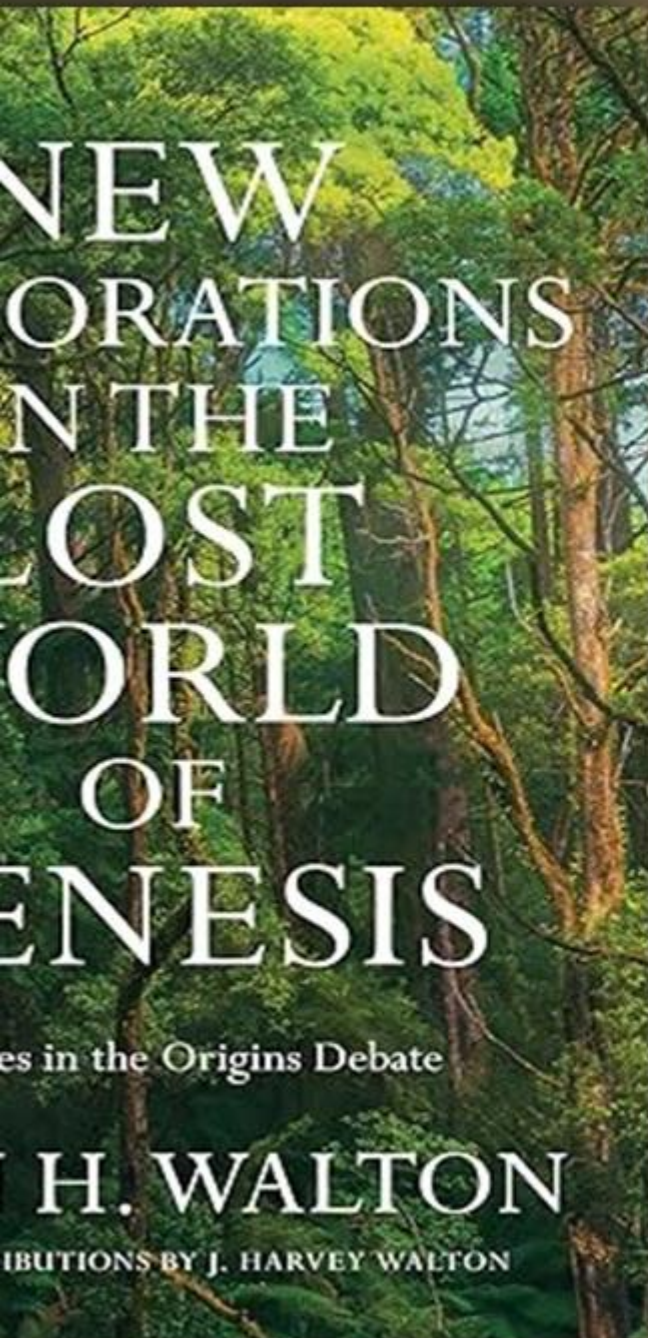
***- A.J. Swoboda in
Subversive Sabbath***



Significance of the Sabbath

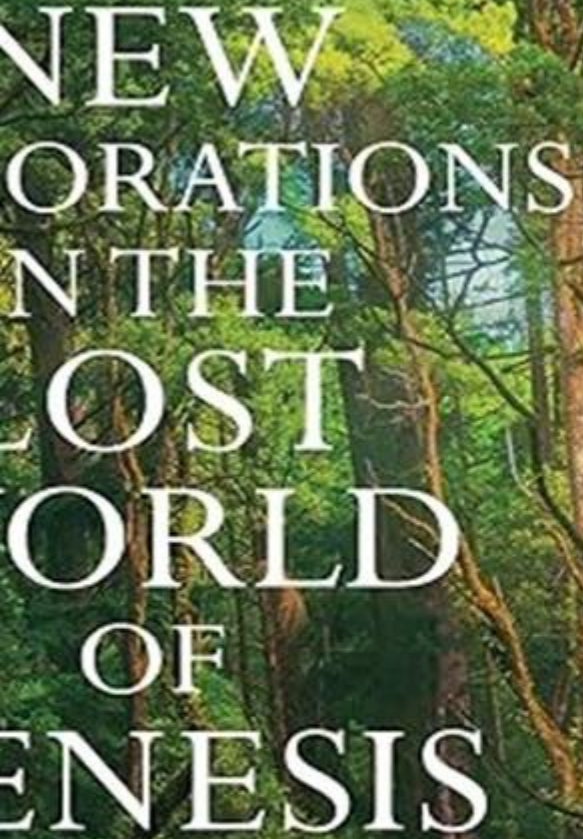
- Physical & Mental Health
- Relational Health
- Spiritual Health





“In the ancient world rest is what results when a crisis has been resolved or when stability has been achieved...for [God] this means that the normal operations of the cosmos can be undertaken...he is in the control room from where he runs the cosmos that he has set up.”

- John Walton in *The Lost World of Genesis One*

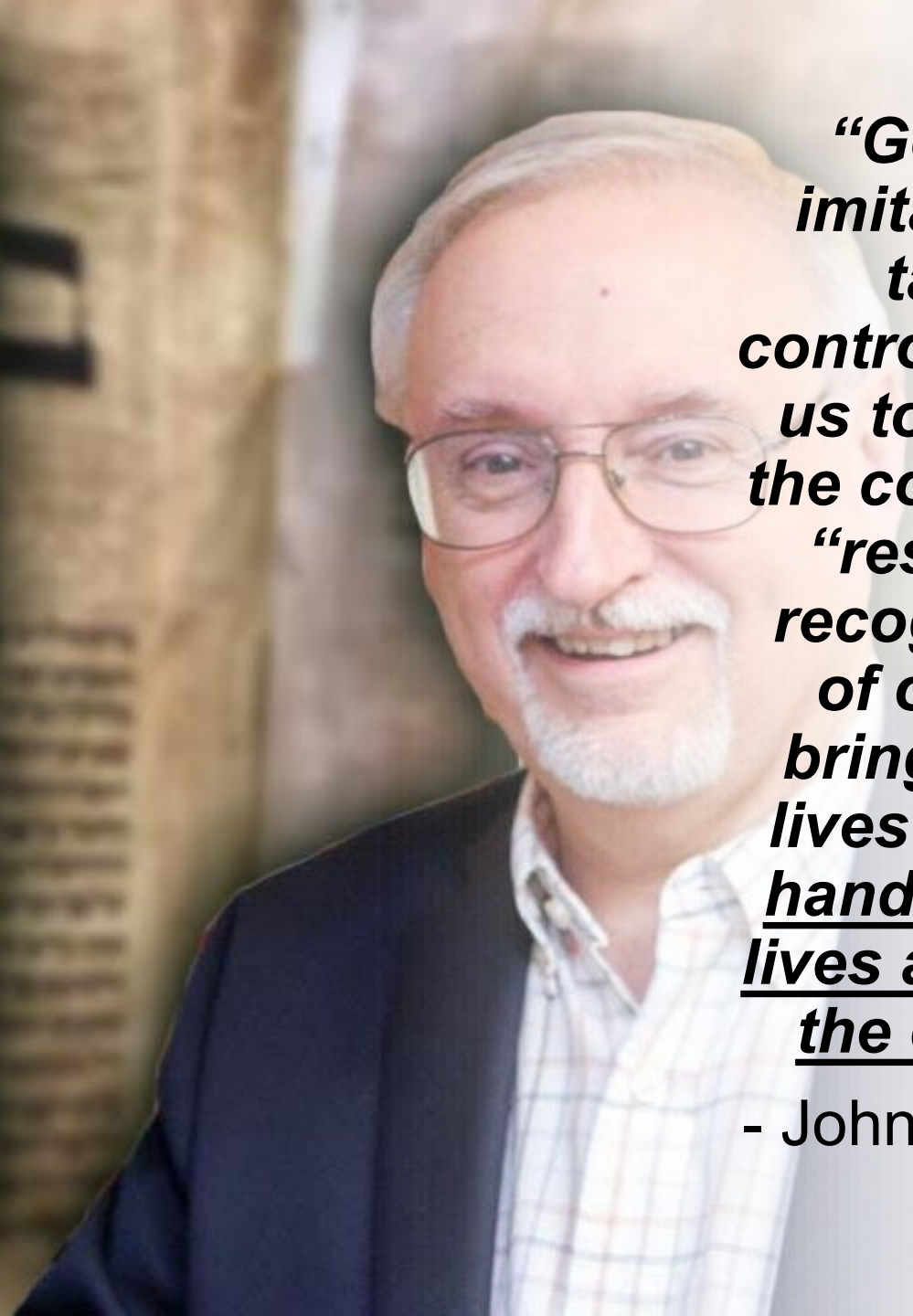
The image shows the cover of a book titled 'NEW DISCOVERIES IN THE LOST WORLD OF GENESIS'. The cover features a lush green forest scene with tall trees and sunlight filtering through the leaves. The title is written in large, white, serif capital letters. Below the title, it says 'New Discoveries in the Origins Debate' in a smaller font. At the bottom, the author's name 'H. WALTON' is prominently displayed, with 'CONTRIBUTIONS BY J. HARVEY WALTON' written in a smaller font below it.

NEW
DISCOVERIES
IN THE
LOST
WORLD
OF
GENESIS

New Discoveries in the Origins Debate

H. WALTON

CONTRIBUTIONS BY J. HARVEY WALTON

A portrait of John Walton, an older man with white hair, a white goatee, and glasses. He is wearing a dark blue blazer over a light-colored plaid shirt. He is smiling slightly and looking towards the camera. The background is a blurred indoor setting with wooden paneling.

“God is not asking us to imitate his sabbath rest by taking the functional controls...Instead he is asking us to recognize that he is at the controls, not us. When we “rest” on the Sabbath, we recognize him as the author of order and the one who brings rest (stability) to our lives and world. We take our hands off the controls of our lives and acknowledge him as the one who is in control.”

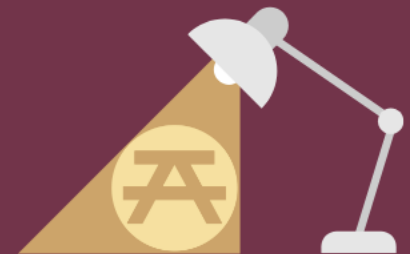
- John Walton in *The Lost World of Genesis One*

Matthew 11:28-30

(28) Come to me, all who labor and are heavy laden, and I will give you rest. (29) 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. (30) For my yoke is easy and my burden is light.”



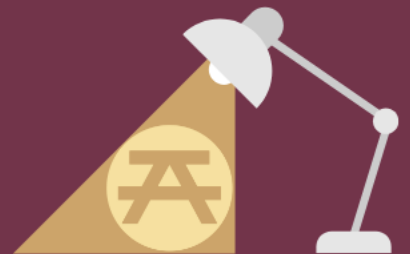
III. Steps for Keeping Sabbath



Steps for Keeping Sabbath

1. Prepare

- *Slow Down*
- *Choose a Day*
- *Clear Obstacles*



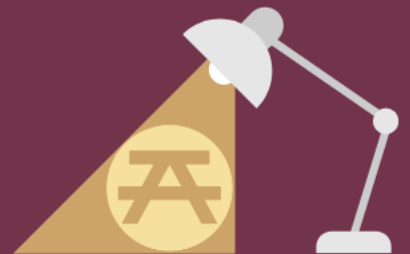
- Take a ½ day or couple hours to finish house & yard work
- Care for animals in advance
- Plan your study schedule around Sabbath
- Pay the bills
- Do laundry

- Go to the bank
- Get your hair cut
- Get all shopping done
- Fill car with fuel
- Prepare a big meal the night before – enough for leftovers



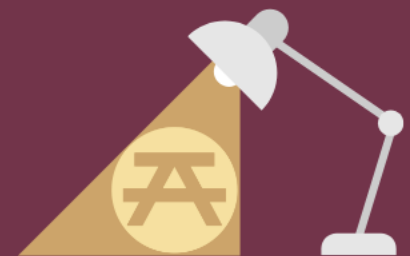
Steps for Keeping Sabbath

2. Presence, not Productivity
 - *With God*



Luke 10:41-42

But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, (42) but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”



Steps for Keeping Sabbath

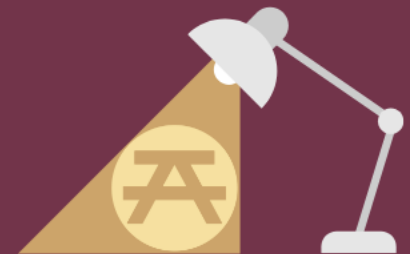
2. Presence, not Productivity

- *With God*
- *With Yourself*
- *With Your Loved Ones*



Steps for Keeping Sabbath

3. Play!



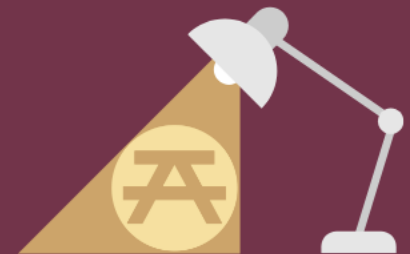


“...feeling that the original commandment “thou shalt not work” was rather half-hearted, [they] have added to it a new commandment, “thou shalt not play.”

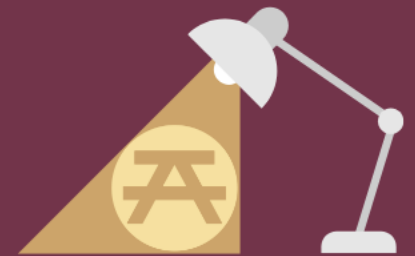
- Dorothy Sayers in *Christian Morality*

Zechariah 8:3-5

(3) Thus says the LORD: I have returned to Zion and will dwell in the midst of Jerusalem, and Jerusalem shall be called the faithful city, and the mountain of the LORD of hosts, the holy mountain...(5) And the streets of the city shall be full of boys and girls playing in its streets.



Recreation



Re-Creation





JOHAN HUIZINGA
HOMO LUDENS

ÎNCERCARE DE DETERMINARE
A ELEMENTULUI LUDIC AL CULTURII

HUMANITAS

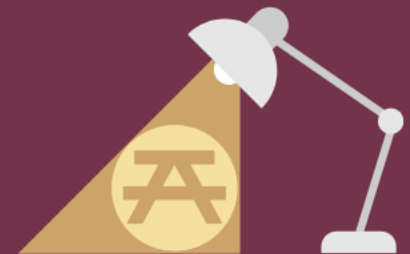
Steps for Keeping Sabbath

3. Play!

“Fun, imaginative, non-compulsory, non-utilitarian activity filled with creative spontaneity and humor, which gives perspective, diversion, and rest from the necessary work of daily life.” (Erik Thoennes)



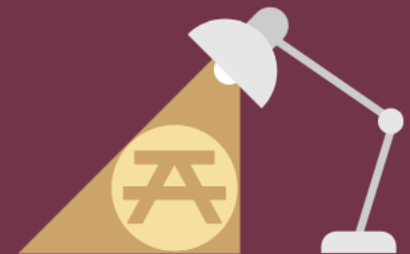
- Get outside!
 - Go hiking
 - Play catch
 - Ride a bike
 - Go swimming
 - Play board games or cards
 - If you're married, make love!
- Break the screen rule to watch a good, fun movie together with friends and/or family
 - Play music
 - Dance
 - Make fun, delicious meals!

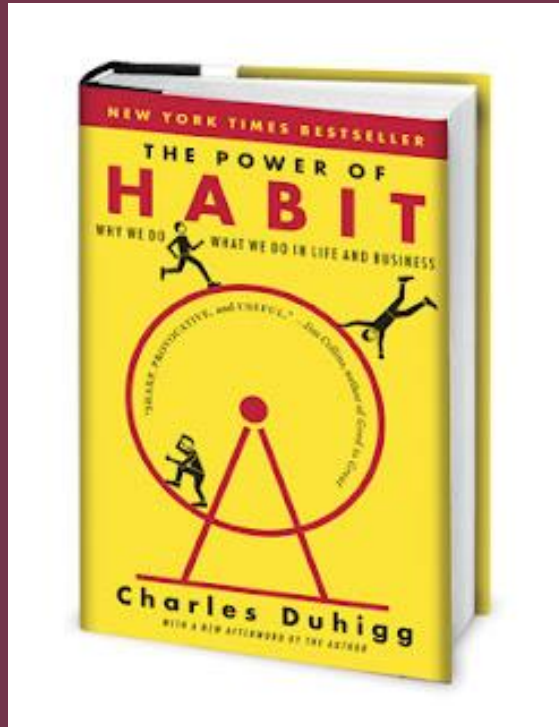


Steps for Keeping Sabbath

4. Practice

- *Sabbath = Spiritual Discipline*





Steps for Keeping Sabbath

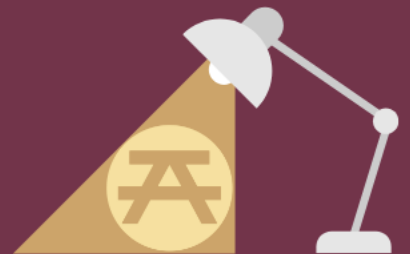
4. Practice

- *Sabbath = Spiritual Discipline*
- *Do it until you love it.*



Steps for Keeping Sabbath

5. Pray!





FORMER REPUBLICAN SENATOR

BEN SASSE

Talks Cancer, Calling, and Healing America

WATCH VIDEO HERE:

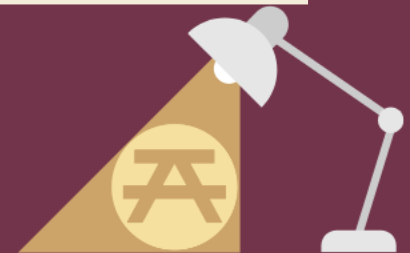
<https://www.youtube.com/watch?v=7CFo6-6BN9k>

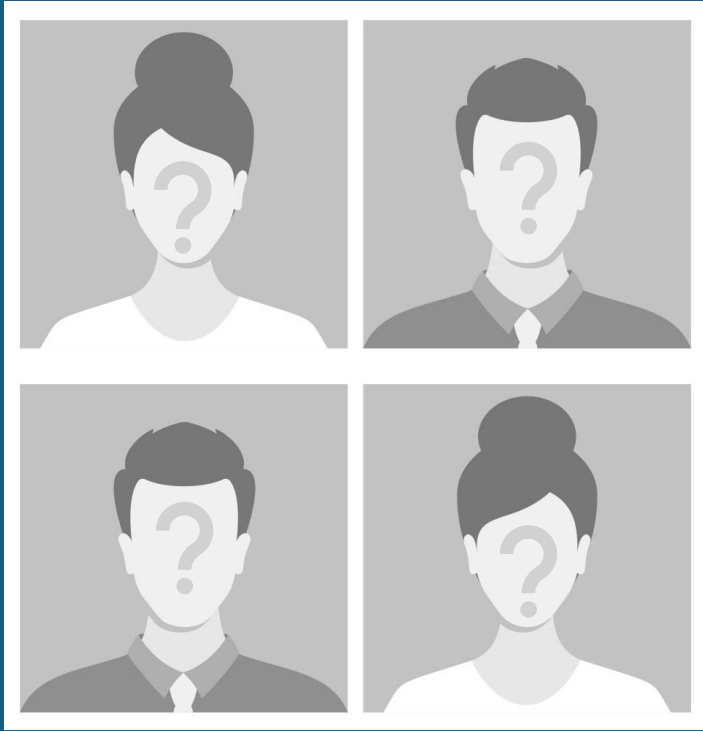
(Start at the 59 minute mark)



Psalm 127:1-2

(1) Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. (2) It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.





MAY
20
7:00

RE
NEW



FAITH & WORK: Session 4