



How's Your Soul?

1. REST

"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 2:2-3 ESV

2. RESPONSIBILITY

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

Gen 2:15 ESV

3. RESTRICTION

"And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die." *Gen 2:16-17 ESV*

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. For my yoke is easy, and my burden is light." *Matthew 11:28-30 ESV*

4. RELATIONSHIP

"The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." *Gen. 2:18 ESV*