

In The Beginning God...

- **Genesis 1:1, 31 KJV** - *In the beginning God created the heavens and the earth. And God saw everything that he had made, and behold, it was VERY GOOD...*
- **QUOTE:** *God is good, and everything good in our lives begins with God.*
- **Psalms 18:30 NKJV** - *As for God, HIS WAY IS PERFECT; The word of the LORD is PROVEN; He is a shield to all who trust in Him.*
- When we put God first, we not only honor God, but we also bless ourselves because He is a shield against unnecessary delays, drama, and disaster. His way is PERFECT and His word is PROVEN.

Week #2: IN THE BEGINNING GOD... CREATED RHYTHM

- **Genesis 1:3 – 5 NKJV** *Then God said, “Let there be light”; and there was light. 4 And God saw the light, that it was good; and God divided the light from the darkness. 5 God called the light Day, and the darkness He called Night. So, the evening and the morning were the first day.*
- **Genesis 8:22 NLT** – *As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night.”*
- *Rhythm – a strong, regular, repeated pattern of movement or sound.*
- **QUOTE:** *There’s life and beauty in rhythm, routine, and seasons. When there’s no rhythm, there’s chaos and confusion.*
- **QUOTE:** *Just like everything else God created, humans need rhythm to survive and thrive*

A Rhythm of Work:

- The bible defines prosperity as God blessing our work:
- **Deuteronomy 28:12 NLT** – *The LORD will send rain at the proper time from his rich treasury in the heavens and will bless all the work you do. You will lend to many nations, but you will never need to borrow from them.*
- Work is not evil!! God gave Adam a job before the first sin (Gen 2:15), so we know work is a blessing not a curse.
- Since rhythm is a *strong, regular, repeated pattern*, our work life should be strong, regular, and consistent.
- **DATING TIP:** If a person has no rhythm in their work life as a single person, you have no basis to expect it to be different in marriage.

A Rhythm of Rest:

- **Exodus 34:21 NASB** – *You shall work six days, but on the seventh day you shall REST; even during plowing time and harvest you shall REST.*
- **MARK 2:27 NASB** – *Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath.*
- **QUOTE:** *Every person needs a consistent day of rest within the 7-day cycle.*

- **QUOTE:** *It is not a sin to be unavailable simply because you are resting and recalibrating, with NO EXPLANATIONS due.*
- We all need **REST**. We all need **SABBATH**. We all need **VACATION**. We all need **ENJOYMENT**.
- **Ecclesiastes 2:24 (NKJV)** – *Nothing is better for a man than that he should eat and drink, and that his soul should ENJOY good in his labor. This also, I saw, was from the hand of God.*

A Rhythm of Worship:

- **Luke 4:16 NLT** – *When he came to the village of Nazareth, his boyhood home, he went AS USUAL to the synagogue on the Sabbath and stood up to read the Scriptures.*
- **Luke 22:39 NLT** - *Then, accompanied by the disciples, Jesus left the upstairs room and went AS USUAL to the Mount of Olives*
- As the priest of our homes, we should establish a rhythm of worship for our families.
- **QUOTE:** *Just like Jesus, we all need a rhythm of work, rest & worship*