

## **Stepping Off the Treadmill**

Into the Freedom of Rest

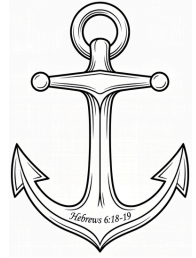
**Genesis 1:26–31; Genesis 2:1–3**

**Paradigm Shift (Gen 1:26-31; 2:1-3)**

**Divine Guarantee (Gen 1:28 vs Gen 22:17-18)**

*26 Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”*

## Secure Foundation (Heb 6:18-19)



### Reflection Questions:

- How can I identify if I am running on the wrong fuel?
- What does working from rest look like in my daily schedule?
- How do I shift my anchor from performance to the finished work?



*18 so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. 19 We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain,*