

---

## Creatures of Habit Series - Episode II

Yourself & Others

### Rest

Established and modeled by God

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. **Genesis 2:2-3**

### Remember Creation and Creator

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day.

Therefore the Lord blessed the Sabbath day and made it holy.

**Exodus 20:11**

### Remember Salvation and Saviour

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day. **Deuteronomy 5:15**

### True Rest

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” **Matthew 11:28-30**

### Contentment

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

---

Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. **1 Timothy 6:5-10**  
How?

### Practice Gratitude

be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

**Ephesians 5:18b-20**

### Reflect and Evaluate

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose. **Philippians 2:12-13**

Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye. **Matthew 7:3-5**

### We need Community

All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts.



---

## **Creatures of Habit Series - Episode II**

Yourself & Others

They broke bread in their homes and ate together with glad and sincere hearts, **Acts 2:44-46**

Practice Humility

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

**Philippians 2:3-4**

Practice Good Speech

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. **James 3:9-10**

Share the Truth

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

**1 Peter 3:15**