

## FOUNDATIONS

### A Biblical Work-Rest Ethic



Research says parents are looking for schools that will help their children develop a strong *work ethic*. They want programs that teach good study habits and maintain high academic standards. Most parents believe hard work paves the road to success. *Foundations* helps parents understand that, when it comes to training children to work hard in school, *Christian Education* takes its signals from the Bible.

The work we do is an extension of the first job God gave to Adam, which was to *care for* the garden and study the animals that lived there. Adam was quite literally working for the Lord. He enjoyed doing the work God assigned to him. His work expressed his appreciation for the gift of life.

Much of the joy of working was lost when Adam and Eve fell into sin. In fact, pain and heartache that would be connected with work was part of sin's curse. Yet, God provided joy through his promise to send a Savior. The woman's offspring (Jesus) would one day do the work of living and dying for us. Our Christian work ethic is rooted in our gratitude for the gift of eternal life—a gift that is ours only because of Jesus' saving work on our behalf. Our work-a-day grind is tempered by the joy of knowing that Christ's work means we are free from the slavery of sin. And so is a student's daily work of learning and growing as a person.

### A Biblical Rest Ethic

If God ordained work as a special blessing for mankind (And he did.), so was rest.

The Bible tells us that God rested on the seventh day of creation. Of course, God doesn't tire as you and I do. By resting from his work, God was setting a precedent. He wanted us to know that while our work is a blessing, so is the rest he gives us from our work.

*Foundations* expands the topic of a biblical work/rest ethic to include several important discussions regarding physical rest, emotional rest, and spiritual rest. It makes a special point of emphasizing *spiritual rest* with conversations about worship concepts embedded in the biblical idea of *Sabbath*. It explains that God's people gather weekly in his house with fellow believers to hear his Word, confess our sins, hear comforting words of forgiveness and absolution, give glory to God's name in the songs we sing, make a public confession of faith, and worship him with our prayers.

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