



THE RHYTHM OF REST – Chord Chart

Key: G

Tempo: ~74 BPM

Feel: Gentle, reflective worship groove

INTRO

G C G D

VERSE 1

G

Six days of wonder, hands shaping clay,

C

Voice in the garden said, "Now put tools away."

G

He wrote it in the sunlight, sealed it in the west,

D

The seventh beats forever – the rhythm of rest.

PRE-CHORUS

Em

Not the end of work,

C

But the start of peace,

G

A song from creation

D

That will never cease.

CHORUS

G

Rest, O sons of Adam, rest!

C

Let the earth and heavens bless!

G

From the dawn of time to the day of the King,

D

Every breath we take still sings—

C

D

G

The rhythm of rest!

VERSE 2

G

Feasts on the calendar, mercy in disguise,

C

Trumpets awaken, atonement purifies.

G

Tabernacles laughter, fires in the east,

D

All His times are echoes of the Sabbath feast.

PRE-CHORUS

Em

Not a burden given,

C

But a bride's caress,

G

The pulse of His promise —

D

Eternal rest.

CHORUS – FULL

G

Rest, O nations, rest!

C

Come and join His holiness!

G

He removed the weight that kept us bound,

D

Now every heartbeat keeps His sound –

C

D

G

The rhythm of rest!

BRIDGE (*Soft build – spoken or chanted*)

Em

So breathe in the stillness,

C

Let your spirit rise,

G

In the hush of the moment,

D

Find your paradise.

Em

His grace is a river,

C

Flowing deep and wide,

G

Let the rhythm of rest

D

Be your faithful guide.

CHORUS – CLIMAX (Repeat Twice)

G

Rest, O sons of Adam, rest!

C

Let the earth and heavens bless!

G

From the dawn of time to the day of the King,

D

Every breath we take still sings –

C

D

G

The rhythm of rest!

G

Rest, O nations, rest!

C

Come and join His holiness!

G

He removed the weight that kept us bound,

D

Now every heartbeat keeps His sound –

C

D

G

The rhythm of rest!

OUTRO

G

Six days of wonder, find joy in the flow,

C

In the grace of His presence, let the whole world know.

G

Rest is not the absence, but the heartbeat of life,

D

G

In the rhythm of rest, find your joy amid strife.

