

## GENESIS 2:1-3 | GOD'S REST

This guide is designed to be used for community group discussions, but can easily be adapted for personal reflection.

### ENGAGE (15-20 MINUTES)

*Real Biblical community involves people “doing life together.” As much as we can, we want to create an atmosphere where people get to know one another, and feel comfortable sharing the ups, downs, and in-betweens of life. So take some time for people to get acquainted. A possible icebreaker question: Share a high and a low from the previous week. Or, rate your week 1-10. Or, make up one of your own.*

### REFLECTION AND STUDY (30-35 MINUTES)

**Opening:** This week we talked about the seventh day of creation, God’s rest, and how too can experience real rest.

1.) “We are tired people living in a tired society.” Do you agree with this statement? Why or why not? What evidence would you use to explain your position?

2.) Do you observe a day of rest? What do you do (or not do)?

*Read Genesis 2:1-3*

3.) What does it mean to say that God rested on the seventh day? What’s trying to be communicated here? Does this mean God is no longer involved in the world? (compare to John 5:7).

3.) Read Exodus 20:8-11. What is the Sabbath day? Why was Israel called to observe it?

4.) Now look at the other list of the Ten Commandments in Deuteronomy 5. Read Deut 5:12-15. What is the Sabbath meant to remind us of here?

5.) How does the Sabbath apply to Christians today?

*Note: Christians have disagreed on how to understand this. On the one hand, Paul argues for some freedom in the matter of special days (Rom 14:5-6, Col 2:16-17, Gal 4:9-10). But the New Testament does seem to indicate that Christians set aside the first day of the week for worship and fellowship (1 Cor 16:2, Acts 20:7, Rev 1:10). Most Christians agree that the principle of resting one day in seven is a creation mandate, and remains today, though not all would say the day of rest needs to be Sunday.*

7.) Isaiah called the Sabbath day a “delight” and Jesus said “the Sabbath was made for man, not man for the Sabbath.” How can this affect the way you observe a day of rest?

8.) One author says, “If we sanctify a Sabbath day, it will sanctify us.” If you diligently guarded a day of rest, refreshment, and worship, how would this affect your life?

8.) In Mark 2:28, Jesus called himself the Lord of the Sabbath. That is, Jesus saw himself as being in charge of God's rest. He was the one who would usher in that rest that God's people had been long awaiting. In Matthew 11:28 he says "Come to me all who labor and are heavy laden, and I will give you rest." What does it mean to rest in Jesus?

**PRAYER (15 MINUTES)**

Break into men and women for prayer. Share prayer requests and pray for one another. Pray especially that we would rediscover the beauty of Biblical rhythms of work and rest that provide for human flourishing.