

GENESIS: REAL GOD PART 1: REAL BEGINNINGS
THE SEVENTH DAY – GENESIS 2:1–3

NOTES: *The seventh day—made to rest.*

- I. PHYSICAL REST

- II. SPIRITUAL REST

Questions for Community Groups and Individual Bible Study

For Starters: What has been your favorite vacation and why? What do you do to rest and recuperate? Do you believe you get enough rest, and if not, why not?

The Basics: Read Genesis 2:1–3. What stands out to you regarding creation’s seventh day? What are some key words or phrases? What is clear or confusing? Discuss.

Quick-Fire Round

1. In Genesis 2:1–3, God’s cause for rest was the completion of His creative work. Why did God bless the seventh day? Why is there no “evening and morning” like the other days?
2. Read Exodus 16:23, 20:8–11, 31:12–17, and Deuteronomy 5:12–14. Why did the seventh day become the Sabbath? What is the significance of the Sabbath for Israel then and now?
3. Read Acts 2:42–47, 20:7, Colossians 2:16–17, and Mark 2:27–28. Why was the Sabbath replaced by the Lord’s Day by the early church? Should Christians keep the Sabbath today? What principles are we to apply from these passages to our lives?
4. Read Psalm 46:10. The seventh day is about ceasing work and routine activities. How would you describe your work–life balance? Do you believe you control your life, or does your life control you? What changes do you need to make to rest and recharge?
5. Read Matthew 11:28–30, Hebrews 4:1–11, Romans 5:1–2, 6–8, 8:1–8. Do you agree or disagree that one cannot find true rest until peace is made with God? How is this peace attained? Do you have it? How do people try to find and fill their lives with rest other ways—but unsuccessfully?
6. Read John 14:4–9, Philippians 2:13, 4:6–7, and Colossians 3:15. Rest for those in Christ continues by trusting Him daily and allowing Him to live His life in you and through you. How can you give up control—be specific—to find rest even in the busyness of life?

Community Group Prayer and Action: Pray silently for a few minutes. Ask God to meet you in the quiet. Invite Him to be the Savior and Lord over your life and specifically tell Him where and how you need Him to take control. As a group, read Jeremiah 29:12–14. Pray for God’s presence in each of your lives and deepening relationships with the Father and one another.

A Closing Prayer: Father God, thank you that you created rest for relationship. Forgive me when I have been too busy to spend time with you and those in my life who matter the most. Help me make real changes in my schedule and life. Draw close to me. I give you space to produce your life in me and through me. Amen.

Additional Resources

<https://www.aacc.net/2016/07/22/purpose-of-sabbath-rest/>

Brueggemann – *Genesis*;

Wiersbe – *Be Basic: Genesis 1–11*