



## Pray

In light of Genesis 2:1-3, what have you learned about God that you can praise Him for in prayer?

How does this passage inform the way you intercede for yourself and others?

Try something new. Plan an extended time to pray. Have you ever prayed for one hour uninterrupted? Schedule it, prepare for it, and dive in. Have you ever set aside a day to pray? What would that look like?



### I Will Give You Rest | Genesis 2:1-3

Study Guide 4 for sermon on 05/23/2021



## Introduction

A person comes to you and asks, “How can I be like God?” How might you answer? There are many correct answers: love your neighbor; forgive those who have hurt you; share the gospel; meet the needs of the poor; care for widows and orphans; be holy. Genesis 2:1-3 gives a unique answer to the question. That answer is “rest.” We are like God when we rest in Him. How many answers would you give before you answered “rest”? My guess is it comes far down the list, which reflects how little we understand and value the biblical concept of sabbath.

God rested. Do you?



## Overview

**Context:** When the Hebrew people left Egypt they had little understanding of who Yahweh was. However, they learned about Him at Mount Sinai when Moses delivered the Ten Commandments (Ex. 20). The fourth command these former slaves heard is that God expected them to rest one day each week! What must it have been like to hear that the God who brought you out of slavery is leading you into rest?

## Structure:

- 1 Heavens and earth completed
  - 2a God's work completed on the seventh day
  - 2b God rested on the seventh day
  - 3a God blessed and declared holy the seventh day
- 3b God rested from his work



## Engage

1. How many linguistic differences can you find between the seventh day and the other days of creation? What phrases are used to describe the other days that are missing here? What words or phrases are unique to the seventh day? What words/phrases are repeated in 2:1-3?
  2. According to verse 3 God declared the seventh day holy. The first thing called "holy" in the Bible is a day. What makes a day holy? Do you have other days that you celebrate as holy; birthdays, anniversaries, etc.?
  3. How are we to understand sabbath in light of Christ's death and resurrection? How is it possible for someone to observe sabbath and yet miss the entire point of it? Consider Hebrews 4:1-11.
  4. Are Christians required to observe the sabbath? Generally speaking, there are three views. The first is Christians must strictly observe Saturday as sabbath as commanded by God in the Mosaic law. The second view transfers Sabbath observance to Sunday. The third view teaches the Sabbath was part of the Mosaic law. (cont. ->)
- Since we are no longer under the law, it is not applicable to the church. Where do you fall? How does Scripture inform your stance?
5. Understanding that a person's salvation is based on faith in Christ and not observance of the law, are there sabbath principles that can be applied to our lives?
  6. What is the physical danger of being a Christian who doesn't rest? What is the spiritual danger of being a Christian who doesn't rest?
  7. How do you know when you need to pay special attention to your need for physical and spiritual rest?
  8. Do you have any sabbath practices that you find beneficial for your rest and worship?
  9. Have you taken part in an extended sabbath experience like a prayer retreat, or spiritual formation retreat? If so, how have those experiences benefited you? If not, what type of unique sabbath experience appeals most to you?