

1:Hustle

Accompanies the 10/17/21 Sermon

The God Who Rests Genesis 2:2-3

In Genesis we find that after all God's creation was complete, he rested. After a busy week we often can't wait until the weekend to sleep in and move a little slower, but why did God rest? Did he really need to? Today we will look at how God set an example and what it means for us to slow down and rest.

ICE BREAKER

1. If you got a weekend all to yourself just to rest, what would you do? Or not do?

PREPARE YOUR HEART AND MIND

Open in prayer: Pray that as you reflect on today's scripture that God prepares your heart and mind. Pray for the ability to understand and apply its truths to your life. Pray that God will move you as individuals and as a group to be on mission for Him.

SEARCH THE SCRIPTURES

Read the following Scriptures together and then use the questions below (or any you wish to add) to discuss the text and unpack its meaning.

**An appendix is added to this document to give some helpful tools and information for your preparation.*



Have someone in your group read **Genesis 1 & 2:1-3**
(While we will read just over a chapter our conversation will focus on 2:1-3)



The author of Genesis is deliberate in his use of the word seven. He repeats it three times to explain something specific about God's relation to the seventh day.

- What are three things that the author highlights by his use of “the seventh day”?
- **God finished by the seventh day**
 - *What had God finished by the 7th day?*
 - *Why does the author highlight this?*
- **God rested on the seventh day**
 - *Do you think God needed rest?*
 - *If God did not need rest on the seventh day because he was tired, why did he rest?*
- **God blessed the seventh day**
 - *What does it mean that God Blessed the seventh day? Is the seventh day still blessed? Why or why not?*

GETTING PRACTICAL

God rested on the seventh day to enjoy His creation and to set an example for us. Use the questions bellow to discuss what we might learn from this example.

1. What example did God give us by his actions on the seventh day?
2. In the context of today’s conversation how is rest different than taking a nap, binge watching Grey’s Anatomy, or watching the Buccaneers and hoping that Tom Brady will lose but knowing that he won’t?
3. If we rest like God, it means that we stop and reflect on the goodness of creation. When you think about the goodness of God’s creation what comes to mind?
4. God rested because his work was done. We so often run ourselves exhausted trying to achieve something in our life. How should the gospel affect our activity and how we rest?

Appendix

Answering Questions in Genesis

Genesis is an incredibly interesting book. There are endless speculations of what is literal and what might be figurative. It can be good to enter some of those conversations in a group, but it can also detract from the topic. For today’s meeting encourage your group to stay on topic.

The following websites can help answer questions outside of group about the creation story:

- answersingenesis.org
- gotquestions.org
- carm.org

Hebraic Structure of Genesis 2:1-3

Verses 2–3 contain four lines, the first three of which are parallel, each possessing seven words (in the Hebrew), with the midpoint of each line having the same phrase, “the seventh day.”

So, God finished by the **seventh day** his work which he did,
and he rested on the **seventh day** from all his work which he did,
and God blessed the **seventh day** and sanctified it,
because on it he rested from all his work which God created to do.

This repetition gives structure and highlights the importance of the day itself.