

[illegible]

# Genesis 1-2

# Resting in Joy

(Genesis 2:1-4)

Series Title: “Joy Before the Fall”

## KICK STARTERS:

- ⇒ Define “rest”?
- ⇒ How do *you* rest? Does resting (really resting) bring joy to you? Explain...

**SCRIPTURE:** (Before studying this material, consider listening to the corresponding message online at: <http://www.northmaincog.org/media/sermon-media>)

Genesis 2:1-4 (NLT)

<sup>1</sup> So the creation of the heavens and the earth and everything in them was completed. <sup>2</sup> On the seventh day God had finished his work of creation, so he rested from all his work. <sup>3</sup> And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. <sup>4</sup> This is the account of the creation of the heavens and the earth.

## GROUP DISCUSSION:

1. In a couple sentences, explain what’s going on in this passage of Scripture:  

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2. The Hebrew word for “rest” in this passage is *shābat*. Shābat is also commonly translated as “ceased.” What the author of Genesis is explaining here is that God had completed the work He set out to do, and on the seventh day He “ceased/rested” from all His work, and He blessed it and declared it “holy.” The Hebrew word for “holy” is best translated as “sanctify” or “dedicate.” Later in the book of Exodus 20, God speaks to the people of Israel by giving them 10 commandments. The fourth commandment reminds the people that they are to observe the *shābat* and keep it “sanctified/dedicated” to “ceasing/resting” from all work. Do you have a day that you cease/rest from all labor or work? Why, or why not?  

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3. God’s rest on the seventh day wasn’t something that He needed to do because he was tired, rather it was a way of modeling for humanity the importance of abstaining from continuous labor and reflecting on all that God is and resting in His presence. When you rest, do you find it relaxing or exhausting? Explain...  

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4. All too often, when people rest, their minds are in continuous motion with thoughts of work, unfinished projects, food, friends, or family. Why is it so hard to rest in the presence of God without being distracted by other things?  

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5. God created humans to live in His eternal rest, but sin broke that reality and now we struggle against finding the time to stop for just a moment and breathe deep in the presence of God (Psalm 46:10)? So many physical ailments come from overwork, and overstress. What are some ways to overcome the overwork and overstress scenarios that overtake our lives?  

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6. Do you know someone who never takes a break and ceases from all work? Are they joyful people, or are they more irritable? Explain...  

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7. Are you willing to take one day of rest this week (truly ceasing from all labor)? Why, or why not?  

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## SELF-EVALUATION/APPLICATION:

- ⇒ **TAKE A DAY THIS WEEK AND SHĀBAT.** Seriously! Take one day this week and cease from all labor and truly rest. Focus on God, remind yourself of His presence throughout the day. Pray. Read the Bible. Take a nap. REST!
- ⇒ **ALLOW SHĀBAT TO BECOME A PART OF YOUR REGULAR SCHEDULE.** Allow your body to catch up with your heart and your mind, and put the breaks on. You’ll find that when this becomes a regular part of your life that your perspective and your energy and your joy begins to change and strengthen. Don’t just say you want to take a day of rest, actually do it. Allow the joy of the LORD to be your strength.
- ⇒ **MEMORY VERSES:** *Genesis 2:3* and *Psalms 46:10*.