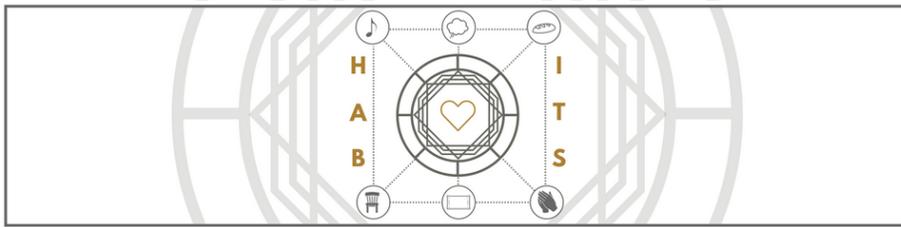


## RESTING

### *Week 5 – June 4-10*

- **Passage: Genesis 1:26-2:3**
- **Memory Verse:** “*So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*” (Genesis 2:3, ESV)
- **Main Idea**
  - What is the main idea of this passage?
  - How would you summarize the main idea of the sermon this week?
- **Applying God’s Word in Community**
  - What is one thing in your life right now that is left undone or incomplete? How does it make you feel?
  - What does the culture of our city declare about work? What does it say is the purpose of rest? What reasons does it give for doing both?
  - According to this passage, how and why does God Sabbath?
    - Does your rest look similar? How is it similar, different?
  - What tempts you to forsake the kind of rest God is offering? (Hebrews 4:9-10)
    - Are you concerned about your reputation/performance at work, school or even at home? What might you be desiring/worshipping in the midst of this?
    - Do you feel a sense of needing to perform for God in some way?
    - Spend time confessing, repenting, asking for forgiveness and resting in the receipt of it through Christ. Spend time reminding each other of God’s forgiving and transforming grace in Jesus.
  - What is one practical way you could begin opening yourself up to receiving the gift of rest as God intends it for you?
- **Prayer** – Spend time engaging God himself in response to his living and active Word.
  - **Adoration** – Praise God for his perfections that you see in this passage.
  - **Confession** – Confess to God where you may be refusing his gift of rest, and why. Ask for his forgiveness through Jesus.
  - **Thanksgiving** – Thank God that he is mindful of your weakness, finitude and need for rest. Thank him for forgiving you in Christ and granting you eternal rest.
  - **Supplication** – Ask him to help you taste and experience his rest in a tangible way each week. Pray for wisdom to help those around you in this pursuit, too.
- **Connecting Church & Home for Kids**
  - Read the creation story together (Genesis 1:1-2:3).
  - Ask “Why did God rest on the seventh day?” Talk about what that means for us.
  - Talk about how your family rests or how as individuals you rest if it is a mentoring relationship. Are there ways you can improve your rhythms of rest?



- Create some way to mark your time of rest. Consider setting up a calendar that marks the beginning of Sabbath. Consider establishing a routine (e.g. lighting a candle or a big meal) that ushers in a time of intentional rest.
- **Going Deeper:** Here are some additional questions for you to engage the preached word more deeply either individually or with others.
  - Read Jesus' discourse with the crowds in John 6:22-40.
  - What does it mean to “work for the food that perishes”? (v.27)
  - Are you working for “food that perishes” anywhere in your life?
  - What “works of God” are you striving to accomplish? (v.28)
  - How does Jesus' response in v.29 mean? How does it make you feel?
  - How would you be different if the liberating truth of this was alive in your life?
  - Ask God for his help for it to take deeper root in you.