

SERMON NOTES

Series: Foundations: The DNA of Creation

Sermon Title: The Weight of Being Your Own God

Scripture: Genesis 2:1-25

Speaker: Pastor Adam Burton | Central Baptist Church

THE MAIN IDEA

We are exhausted because we try to sustain our own lives, define our own truth, and cure our own loneliness. Peace comes when we let God be God.

FILL-IN-THE-BLANK OUTLINE

1. God Sustains Your _____ (Verses 1-3)

- God rested not because He was tired, but because He was _____.
- *Functional Atheism:* We refuse to rest because we believe everything depends on _____.
- Sabbath is an act of defiance against our ego.

2. God Defines Your _____ (Verses 15-17)

- The Tree represented the burden of moral independence.
- *The Trellis Illustration:* God's boundaries are not a cage; they are a _____ that allows the vine to grow upward and bear fruit.
- When we try to be the judge of our own truth, we carry a weight we cannot handle.

3. God Cures Your _____ (Verses 18-25)

- Adam could not cure his loneliness through _____ or achievement.
- Real community requires vulnerability.
- The Gospel: Jesus entered the "sleep" of death so we would never be _____ again.

FOR REFLECTION & DISCUSSION

Use these questions for your personal journal or small group discussion.

- 1. The Morning Weight:** Pastor Adam described waking up tired because of the mental load of "holding everything together." Do you relate to this? What are the things you feel you must sustain on your own?
- 2. The Sabbath:** Why is it so scary to stop being productive for a full 24 hours? What does your refusal to rest say about who you think is in control?
- 3. The Trellis:** Discuss the difference between a "cage" and a "trellis." In what area of your life (money, marriage, time) do you need to lean on God's trellis instead of growing wild?
- 4. Naked and Unashamed:** Adam and Eve were fully known and safe. Do you have relationships where you can be your true self without hiding? How does Jesus make it safe for us to stop hiding?

Answer Key:

1. Life / Satisfied / Us
2. Good / Trellis
3. Loneliness / Work / Alone