

Study Questions

Read Gen. 2:1-3

Observation

1. According to Genesis 2:1-3, what did God do on the seventh day that was different from the previous six days?
2. What does the passage say God did to the seventh day after He finished His work?
3. How does the passage describe the relationship between God, His creation, and humanity?

Interpretation

1. Why does the passage say God rested, even though God does not get tired or need sleep?
2. What does it mean that God “blessed” and “made holy” the seventh day? How is this different from the other days of creation?
3. The sermon said that humans are the only species made in God’s image. What does this suggest about our purpose and relationship with God in regard to the Sabbath rest?

Application

1. The sermon talked about the vastness of creation and yet humans standing alone in their special relationship with God, being made in his image. How does this special relationship amidst a vast diversity motivate you in your relationship with God?
2. The Sabbath is described as a gift and an invitation to rest, not just a rule. What are some practical ways you can make space for true rest in your weekly routine? What obstacles make this difficult for you?
3. When you take a day off or slow down, do you find it easy or hard to use that time to reconnect with God instead of just escaping or distracting yourself? What could help you use your rest time for worship, prayer, or gratitude?
4. The sermon said that rest is a reminder that our value is not in what we produce. Are there areas in your life where you feel pressure to always be productive? How can you remind yourself of your worth in God apart from your work?
5. Sabbath points us to the ultimate rest in Christ. How does practicing regular rest help you look forward to the hope of God’s future restoration? Is there a way you can let your rest be an act of faith this week?