

◀◀ Look Back

Care

- Share something positive that happened this week that you are thankful for. What was good or what was difficult?
- How are you and your family?
- Share recent highlights and testimonies about your use of time this week:
 - Reading your bible
 - Answers to prayer
 - Share your faith
 - Sharing the gospel
 - Training other disciples
- Pray and thank God for what has been shared

Accountability

- Did you fulfill the goal you set for yourself from the last session?
- How did you practically apply what you learned from last week's lesson?

⬆ Look Up *(Added questions for more guided conversation)*

Questions About the Text

1) What does it say about God's character that he rested on the seventh day, not out of fatigue, but to take his rightful place? (Genesis 2:2-3)

2) How does the idea of "God resting" challenge our modern understanding of rest as inactivity or laziness? (Genesis 2:2)

3) Why is it important that the text says God "blessed" and "made holy" the seventh day? What does that tell us about time and sacredness? (Genesis 2:3)

4) How might the rhythm of six days of work followed by one day of rest reflect something essential about human design? (Genesis 2:2–3)

5) Though the word “Sabbath” isn’t mentioned in Genesis 2, how do these verses lay the foundation for the Sabbath as a theological concept? (Genesis 2:1–3)

Questions About the Sermon

1) Chuck taught that boundaries reveal God’s care and not his control—where in your life have you misunderstood God’s boundaries?

2) The sermon emphasized that rest is about acknowledging God on the throne. What would it look like for you to truly live as if God is on the throne of your life?

4) How does thinking of rest as structure rather than restriction shift your view of the Sabbath?

5) Chuck said rest reveals who we trust. In what ways does your ability (or inability) to rest reflect who or what you trust most?

6) What are some ways you could experience “creative rest” that draws you closer to God rather than just taking a break?

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Questions from the Book

1) Make a list of everything you learned about God’s character and nature from this scripture reading. Discuss.

2) What area of your life do you need to ask the Holy Spirit to dethrone you from thinking that you are in complete control of it?

»» Look Forward *(Added challenges if your group is ready for more)*

Vision

- Regular reminder of our responsibility to apply what we have learned and to reach the lost.

Weekly Goal

- Set one measurable goal with a timeline that you will commit to. What is one component of the lesson that you feel led to apply to your own life?
- Which three people are in your area of influence whom you may sense God calling you to influence?

Prayer

- For each goal (to obey, abide and follow)
- For those in your area of influence
- For other prayer requests