



FIRST BAPTIST CHURCH  
R O C H E S T E R

**Sermon Discussion Guide**  
**October 16, 2022**

**Refresh**

Read Genesis 2:1-3 to get the Scripture passage back in your mind.

**Discuss**

What does God's resting on the seventh day of the creation week teach us about the rhythm of work and rest He desires us to have? What physical and spiritual blessings come from intentional rest?

Why do you think so many of us struggle to stop and rest? What about our culture makes that so challenging?

In what ways does God's work to create the world and then rest mirror His work in our salvation? Why should we find that particularly encouraging?

Why do you think God would design us to need rest? If everything He does is intended to glorify Himself, how does our resting glorify him?

What is your view on whether believers should observe the Sabbath today? What Scripture passages inform your view?

What does a true rest in Christ look like, both in this world and in eternity? How can we cultivate a deeper rest in Him?