



Small Group Discussion Notes

The Rest of the Story

Holy Rest

Genesis 2:2-3

September 25, 2022

Warm Up

What is your favorite way to rest and recharge?

Digging Deeper

Take time as a group to discuss your understanding of Sabbath rest.

READ Gen. 2:2-3

Genesis 2:2, says that God finished his work and rested on the 7th day. Why did God rest on the 7th day? What does this communicate about God's values and priorities?

Genesis 2:3 points out two actions God takes regarding the 7th day. It says he "blessed the seventh day and made it holy." In Genesis, blessing is typically bestowed on things that are to bear fruit or multiply. Why then would God bless a day of rest?

To be holy means to be "set apart." Why would a day of rest be viewed as holy?

Consider the things in your life that are of great importance, how do you care for them? How does your care for these items/relationships/commitments differ from your care for or attention to Sabbath?

The word "Sabbath" is not specifically used in Genesis 2, however the Hebrew verb for rest (sabat) is the root of the word Sabbath. We see the word "Sabbath" substituted in the Ten Commandments for "seventh," clearly making the connection between God's action on the seventh day in Gen. 2:2 and God's commandment in Exodus 20.

READ Exodus 20:1-17

What do you notice about the number of verses dedicated to the commandment on Sabbath in relation to the other commandments? Why do you think so much explanation is spent on this particular commandment?

Next Steps

If you practice Sabbath, what does this look like for you? If you do not practice Sabbath, what keeps you from practicing it?

How do you think our society aids in, or hinders the practice of Sabbath?

What can you begin doing to place a higher level of emphasis on Sabbath rest?

Final Thoughts

Begin making a list of things that impact your ability to engage in Sabbath rest and continue this practice throughout our Sabbath series.