

**SERMON:** Genesis: The Beginning of the Gospel  
**SERIES:** The God of Rest  
**SPEAKER:** Pastor Mark

September 16, 2018

**CONNECT** (5-10 minutes): Help the members of the group grow in relationships with one another so all people in the group know they matter. Spend some time discovering what is happening in the lives of your group members. Share how God has been revealing himself in each other's lives.

**REVIEW** (15-20 minutes): Use this time to review the passage and the sermon outline (see below).

Note: this is a great opportunity to share leadership.

Use these simple questions to review the sermon/passage or for if you don't have much time:

1. What does this passage teach you about God? About us?
2. How does this passage point us to the gospel? How does it challenge you? Change you?

**SCRIPTURE:** Genesis 2:1-3

**SERMON OUTLINE:**

- I. Rest from work because God rested from work.
- II. Practice the Sabbath principle.
- III. Look to Jesus for ultimate rest.

**GROW** (45-60 minutes): Use this time to go deeper with your group.

Use these questions to discuss the sermon/passage:

1. Pastor Mark said that the challenge of talking about rest is that we just don't do it well. He cited a study that said only 14% of adults in America (1 in 7) sets aside one day a week for rest. Why do you think we value productivity and overworking so much?
  2. What do we learn about God, his character and nature from this chapter? How do these truths about God encourage you today?
  3. God rested so that he could delight in his work and so that he could set an example for us to follow. Do you take time to delight and enjoy the fruit of your labor? Do you see time of rest as important as time of work?
  4. Read Exodus 20:9-11. Discuss how God's command to rest weekly is rooted in God's own rest after creation. Why do you think God considers rest so important for us?
  5. Do you agree that we should practice the Sabbath principle? Are you convinced that even though we are no longer under the law, it is a good and gracious gift from God?
  6. Sabbath should be a time for celebrating God as Creator, Provider, and Savior. Do you take time weekly to celebrate and enjoy God's creation? Does your weekly rhythm of work and rest show your trust in God to be your provider? Share if there is any fear about taking time to rest. Do you prioritize celebrating God as Savior by worshipping on the Lord's Day? What are the greatest obstacles right now to you attending corporate worship?
  6. Share practical ways that could help you practice a weekly Sabbath.
  7. Are you looking to Jesus for ultimate rest? How does resting in Jesus as your righteousness help you daily? How does resting in Jesus as your identity help you daily? How does resting in Jesus as your hope help you daily?
- Pray: Honor and worship God for the gift of rest. Ask God for courage and wisdom to better rest in Him.