

## **Sermon Discussion Guide**

The Gospel in Genesis: Week 5

### **Prayer**

Take a few moments at the beginning and end of your group time to pray for each other and for your discussion in God's Word.

### **Read**

Genesis 2:1-3

### **Main Ideas**

This week's message began our exploration of Genesis 2 as we looked at the final day of creation, the day in which God finished His work and rested. We noticed that God has a particular purpose for rest- that it is given to us not just for recovery, but for us to delight in His creation and to remember our reliance on Him.

Rest is so important that God made this day blessed and holy- in other words, He shows up and works in our lives in times of rest that are unique in our lives.

### **Discussion Questions**

1. Describe what an ideal "day off" would be for you. How would you spend your time?
2. Why would an all-powerful God take a day to rest? What does this show us about the purpose of rest?
3. Where in your life do you find times to rest?
  - a. What obstacles do you experience to resting?
  - b. Is there something you need to eliminate or reduce in order to be more rested?
  - c. Is there something you can start in order to be more rested?
4. Verse 3 teaches that God made this day of rest blessed and holy.
  - a. How has God used times of rest to bless you?
  - b. What about resting is holy or set apart?
5. Where do we see the Gospel in this section of Genesis 2?