

**Beginnings: Rest**  
**Genesis 2**  
**February 19, 2017**  
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**Genesis 2:1-3**

So the creation of the heavens and the earth and everything in them was completed. <sup>2</sup>On the seventh day God had finished his work of creation, so he rested from all his work. <sup>3</sup>And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. (NLT)

**I. Rest from the \_\_\_\_\_.**

A. God was not \_\_\_\_\_, He was \_\_\_\_\_ for mankind.

**Isaiah 40:28**

Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. (NLT)

B. The Sabbath was intended to be a \_\_\_\_\_, pointing to the \_\_\_\_\_ gift.

**Mark 2:27-28**

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup>So the Son of Man is Lord, even over the Sabbath!" (NLT)

**II. Rest in the \_\_\_\_\_ of Jesus Christ.**

A. Rest has always been God's offered \_\_\_\_\_ to \_\_\_\_\_.

B. Jesus \_\_\_\_\_ our salvation and rest.

**Matthew 11:28-30**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy to bear, and the burden I give you is light." (NLT)

C. The gospel is not \_\_\_\_\_ but \_\_\_\_\_: We can rest in that.

**III. Rest - the end reward of \_\_\_\_\_.**

**2 Timothy 4:5-7**

But you should keep a clear mind in every situation. Don't be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you. <sup>6</sup>As for me, my life has already been poured out as an offering to God. The time of my death is near. <sup>7</sup>I have fought the good fight, I have finished the race, and I have remained faithful. (NLT)

**IV. The journey of rest is the result of trusting \_\_\_\_\_ and His \_\_\_\_\_.**

**Psalms 127:1-2**

Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. <sup>2</sup>It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (NLT)

**V. Rest for the purpose of \_\_\_\_\_ and \_\_\_\_\_.**

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**Small Group Questions**

\*You do NOT have to answer or discuss every question. Feel free to just pick a few. These are meant to guide you in truth. If you are having trouble answering a question, ask your small group leader to help you. They are committed to helping you develop as an authentic follower of Christ.

**The COMMUNITY:**

1. What's the best book you've ever read besides the Bible and why?

**Into the WORD/APPLICATION:**

Here are some suggested sites in order to dive deeper into God's Word: [blueletterbible.org](http://blueletterbible.org), [desiringgod.org/articles/all](http://desiringgod.org/articles/all), [biblos.com](http://biblos.com), [ccel.org](http://ccel.org), [logos.com](http://logos.com), [connect.ligonier.org](http://connect.ligonier.org), [thegospelcoalition.org/channel/bible-and-theology](http://thegospelcoalition.org/channel/bible-and-theology).

2. Read Genesis 2:1-3.
  - a. What is the significance of God establishing a Sabbath from the very beginning?
3. Read Hebrews 4:3-13.
  - a. What should the Sabbath direct our attention toward? (also consider Mark 2:23-28)
  - b. Did the land of Canaan (the promised land) fulfill the promise of God's rest? Why or why not? (consider Hebrews 11:13-6)
4. Read Exodus 31:17 and Isaiah 40:28.
  - a. How do we harmonize God being "refreshed" (Exodus 31:17) with "He does not faint or grow weary"? (Isaiah 40:28)
5. Why do Christians worship corporately and rest on Sundays and not Saturdays like the Israelites did?