

The Things That Are Revealed
4— And He Rested
Genesis 2:1-3



1. **Share the top three stressors that you're currently facing. How many of them relate to time and/or not getting enough rest? In what way do time pressures contribute to tension and anxiety in your life?**
2. Review the four passages about time (Ecclesiastes 3:11; Psalm 90:12; Ephesians 5:15-16; 1 Thessalonians 5:1-3). Note what each one says about the preciousness of time and relate it to how God used time in creating all things.
3. Had you considered that God created time and that time as we know it did not exist prior to creation? Look at the two kinds of time, *chronos* and *kairos*. What was the difference between the two? How has the clock gone from being a tool to a tyrant in our lives (Os Guinness)? Reflect on the statement Pastor Todd made that, "We need to be less moved by the minute and more so by the moment."
4. Do you see your work as positive? What can Christians do to be better witnesses in their workplaces?
5. The day of rest, we learned, is not so much about the ground level benefits but has unseen spiritual benefits that extend into eternity. Rest defines our relationship with God. How can we keep from the legalistic aspects of Sabbath and truly commit to rest?
6. Pastor Todd said, "Sabbath is a statement about the sufficiency and supremacy of Jesus Christ in my life." What steps should we take to make this more of a reality in our lives and gain the greatest benefit from God's command to rest? What needs to be shut down weekly for you to truly sabbath? What changes need to be made in your life? What should you do to "enter that rest" (Hebrews 4:8-11) and truly come to know what Christ has done for you and rest in that?

Series: Genesis – The Things That are Revealed

Message: 4 – And He Rested

Text: Genesis 2:1-3

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When I see the Sabbath as God sees the Sabbath, I come to realize that...

...time is precious (v. 1)

Ecclesiastes 3:11

Psalms 90:12

Ephesians 5:15-16

1 Thessalonians 5:1-3

chronos – sequence of events; time as linear

kairos – a significant time; moments of crisis and opportunity

Biblical time, then, is not so much a matter of one thing after another, as it is the story of God's interactions with his world; a story in which God gives moments of opportunity, moments of decision, times of repentance, a day of grace.

- David J. Atkinson

...work is positive (v. 2a)

...rest is required (v. 2b)

...being still is blessed and holy (v. 3)

In a culture where busyness is a fetish and stillness is laziness, rest is sloth. But without rest, we miss the rest of God: the rest he invites us to enter more fully so that we might know him more deeply.

- Mark Buchanan, The Rest of God

Hebrews 4:9-11

Psalms 46:10a

For resources relating to the Genesis series, go to harvestbible.ca/resources and scroll down to "Genesis".