

GOD'S GOOD DESIGN FOR REST, PT. 1

GENESIS 2:1-3

CHURCH GROUP SERMON DISCUSSION GUIDE - OCTOBER 19, 2025

SCRIPTURE READING

Genesis 2:1-3 (ESV)

1 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

ICE BREAKER QUESTION

What tends to keep you from resting regularly — too much to do, fear of falling behind, something else?

SERMON RECAP

- God's good design for creation includes a rhythm of work and rest. Even God Himself rested when His work was finished.
- Rest is not weakness; it's a reminder that we are not God. Our need to cease work humbles us and underscores our dependence on Him.
- Followers of Jesus may disagree on how the Old Testament Sabbath applies today, but Scripture clearly shows that rest remains part of God's design.
- In His Word, we see at least three major truths about rest:
 1. God designs rest as a cause for refreshment.
 2. God designs rest as a celebration of freedom.
 3. God designs rest as a cycle of restoration.
- Jesus ultimately fulfills the purpose of the Sabbath—He is the Lord of the Sabbath. He is the Lord of Rest. Through His finished work, we find spiritual rest, renewal, and eternal hope.
- Because of Jesus:
 1. We are free from slavery to work --> cultivate rhythms of rest.
 2. We are free from slavery to worry --> receive rest as God's gift.
 3. We are free from slavery to this world --> share the good news of rest in Christ
- Jesus' imminent return will usher in the introduction of a new creation, where God's people will experience ultimate and everlasting refreshment, freedom, and restoration in His presence.
- Live and die with the steadfast hope of everlasting Sabbath!

DISCUSSION QUESTIONS

Observation: What does this passage say?

1. Read Genesis 2:1-3 aloud. What repeated phrases stand out?
 - How many times does "finished," "done," or "rested" appear?
 - What did God do on the seventh day that was different?
2. Verse 3 says God blessed and made holy the seventh day.
 - What do you think that means?
3. Why is there no "evening and morning" ending on the seventh day?
 - What might that suggest about the ongoing nature of God's rest?

Interpretation: What does the passage mean?

1. Christians can disagree on the form...but rest matters



- Read Exodus 20:8-11 and Colossians 2:16-17.
 - What does each passage teach about the Sabbath?
 - How do they differ in how the Sabbath applies today?
 - Why might God allow room for differing convictions about “Sabbath days” (Romans 14:5)?
 - How can believers disagree on practice but still honor and encourage one another?
2. God Designs Rest as a Cause for Refreshment
 - Read Exodus 31:16-17.
 - What does it mean that even God was “refreshed”?
 - How can rest refresh your relationship with God?
 3. God Designs Rest as a Celebration of Freedom
 - Read Deuteronomy 5:12-15.
 - How does rest remind us that we are no longer slaves—to work, worry, or control?
 4. God Designs Rest as a Cycle of Restoration
 - Read Leviticus 25:1-12.
 - What do the sabbatical years and Year of Jubilee reveal about God’s heart for renewal and fresh starts?
 5. Jesus Fulfills the Sabbath
 - Read Luke 4:16-21, Luke 6:5, and Matthew 11:28-29.
 - What kind of rest does Jesus offer that no schedule or day or vacation can?
 - How does knowing Jesus as “Lord of the Sabbath” reshape the way we live and worship?

Application: How can we apply this passage to our lives?

1. Free from Slavery to Work --> Cultivate Rest
 - Where are you tempted to find your worth in productivity?
 - What simple rhythm of rest could you build into your week?
2. Free from Slavery to Worry --> Receive God’s Gift
 - Read Psalm 127:2. What does trusting God look like when life feels anxious?
3. Free from Slavery to This World --> Share Christ’s Rest
 - How can your peace in Jesus point others to Him this week?
4. Live with the Hope of Everlasting Sabbath
 - Read Revelation 14:12-13. How does the promise of eternal rest sustain you today?