

FOR YOUR CONSIDERATION
Creation - Genesis 2:1-3 - "Sabbath: More Than a Day of Rest"

1. Is there anything specific from this message that the Lord has impressed upon your heart?
If so, what is it & how do you feel the Lord calling you to respond?
2. Have you, at any time of your life, sought to keep a "day of rest" as a part of your weekly rhythm/routine?
If so, what day did/do you choose and why that day?
Has there been any intentional spiritual focus on that day, and if so, what has that consisted of as well?
What activities have you engaged in on your "day of rest" & have you found it to be beneficial when done consistently?
3. As you look at the Creation account, what is so significant about day 7 compared with the other 6 days of creation?
How do God's actions on day 7 provide an example for The Israelites and their weekly rhythms too?
Look at Exodus 31:12-17 and Exodus 20 (the Ten Commandments) - how should the Israelites have viewed the Sabbath?
How do these texts make it clear that the Sabbath was to be MORE than just a day of physical rest?
What would be the spiritual significance of this day & how would "keeping it holy" help to lead them in the Lord?
4. Consider the following passages shared during the message: Mark 2:27-28; Romans 14:5; Hebrews 4:1-3, 9-11.
How do these passages shed light upon whether the command to keep the Sabbath is still in effect on Christians today?
How does being under the New Covenant put us in a position where we're no longer under the laws of the Old Covenant?
If you feel the Sabbath is to be observed and another believer feels it doesn't need to be, how are we to live?
(If you're struggling to answer this look at Rom. 14:5 to better understand how we ought to respond to one another).
5. How specifically did the establishment of this covenant point to the eternal rest that is yet to come for all who are in Christ?
What is the correlation between working and then resting/ceasing from work to intentionally rest?
On the other hand, for Christians, is there an element of "work now" & "rest in glory" at the end of this life? (Eph. 2:10)
6. Below are the "Today's Takeaways" from the sermon. Do any of these particularly encourage, convict, challenge, you, & if so, how?
 1. **God did not NEED rest after He created!**
He was giving an example for His people!
 2. **People are NOT God; we do NEED rest!**
We need to take time to rest & recover!
 3. **The Sabbath isn't just about physical rest!**
It was a day of worship for God's people!
 4. **The Sabbath, by design, points to Christ!**
We enter God's rest by faith not our works!