



# Morningside Church

## Sermon Discussion Guide

**Title: The Rest Day**

**Date: September 6, 2026**

**Scripture Text: Genesis 2:1-3**

### **Notes:**

Ever feel like the more you get done the more you have to do, or any convenience you acquire to help make your life simpler ends up making it more complicated? Seems that with all the technological advances we have, we would be able to slow down a little. Unfortunately, that is not necessarily the case. God demonstrated 2 principles as part of His creation. *Labor and leisure*. We tend to get one of these right, while leaving out the other. God showed us how to balance these two and we need to learn how to apply them in our own life. Genesis 1 covered God's *labor*. Genesis 2 begins by describing His *leisure*. Let's take a look at 3 'rest days' described in [vv. 1-3](#).

#### **I. Creation Rest**

God completed His creation in 6 days. He did not need billions and billions of years. After those 6 days, He paused and to commemorate the completion of creation He rested. This was not a rest because He was tired ([Is. 40:28](#)), it was a point when God was officially finished with His work of creation. There were three distinctions of the seventh day from the other six:

- No mention of "evening and morning". In God's original state of creation in the Garden of Eden, the man and the woman enjoyed the labors God gave them to do. Their harmonious work/rest was interrupted by sin.
  - How can sin interrupt rest?
  - What needs to be done to restore a peaceful rest ([Ps. 4:8](#))?
- God blessed it (v. 3) - Creation was complete and God rested – then He blessed it. His blessing of it was a blessing to us as well ([Heb. 12:2](#)).
  - Describe what it looks like to 'rest in Christ'.
  - How can "fixing our eyes on Jesus" bring rest ([Is. 26:3](#))?
- God sanctified it (v. 3) - To sanctify means to set it apart for His purpose. It emphasizes the importance of creation and how "it was very good" ([Gen. 1:31a](#)).
  - How has God's creation been corrupted (i.e., how has credit for creation been hijacked)?
  - How would you describe the world's perspective of the things God created?
  - Why is it important to accept God's creation as described in the Bible?
  - [Romans 1:20](#) states that God's attributes are clearly seen in His creation. What are examples of attributes of God you find in His creation.



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### **II. Rejuvenation Rest**

God does not need to rest because He is tired, but we do. God gave the Sabbath to the Jews as part of the law for their benefit ([Mark 2:27](#)). But instead of enjoying it as God intended, they corrupted it and over time eventually added 1,521 ways that the Sabbath could be broken.

- The Jews added so many ways that the Sabbath could be broken. What may have started with good intentions evolved into making the Sabbath a burden. How can adding to God's instructions, even with good intentions, be problematic?
- Christ's redemptive work fulfilled all the requirements of the law. As Christians, we are no longer bound by the law but live under God's grace. We get our rejuvenation (rest) with Him ([Rom. 14:5-6](#)).
  - We not only need physical rest, but also spiritual rest. How do you get spiritual rest?
  - Why is it important to get both?
- How rejuvenated do you feel?

### **III. Redemption Rest**

As [Heb. 4:1-11](#) states, we find our rest (Sabbath) in Christ and His redemptive work. On the cross Jesus' last words were "it is finished". It signified God's work of redemption was complete ([Heb. 10:11-14](#)).

- In [Matt. 11:28](#) Jesus says, "Come to Me, all who are weary and heavy-laden, and I will give you rest.". What does that verse mean to you?
- Describe your picture of a balanced *labor/leisure* lifestyle.
- How close are you to living that way?
- According to [Col. 3:23-24](#), we are to do our work heartily, as unto the Lord. What does that look like for the Christian today?
- How can rest make you more effective in your Christian works?

[Genesis 2:1-3](#) illustrates that rest is not merely a physical act but a divine principle. It shows that even the Creator of the universe recognized the need to pause, blessing the seventh day as holy. This has been used to teach that rest is essential for spiritual and physical well-being. Many Christian writers see this as a call to balance work and rest in daily life. Just as God rested after six days of creation, believers are encouraged to take time to recharge, reflect, and honor God.

"Rest is not laziness; it is the divine gift of pause, allowing the soul to catch up with the Creator."