

# THE SABBATH

Part One  
Cease to Worship  
Remy Diederich

*Text: Genesis 1:31-2:3*

## Scripture

God saw all that he had made, and it was very good. And there was evening, and there was morning--the sixth day. Thus the heavens and the earth were completed in all their vast array. Genesis 1:31, 2:1

By the seventh day (Hebrew: shaba) God had completed the work he had been doing; so on the seventh day he rested (Hebrew: shabath) from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2-3

## Outline & Study Questions

### Outline

1. Progress always leads to profusion which always challenges our priorities.
2. God's response to creation:
  - He ceased (not rested)
  - He appreciated (saw) and enjoyed the work.
  - He created an extra day for humans to do the same.
3. God gave us Sabbath:
  - to give us permission to stop and enjoy what he's given us.
  - to give us the ability to focus on God and his goodness to us.
  - to be fully present without distractions of work.
4. Sabbath is so important it became one of the Ten Commandments.

Going Deeper: Use the following questions for personal reflection and/or to discuss with family, friends, and/or small group.

1. Prior to this message, what did the word "Sabbath" mean to you? What connotation did it have?
2. Remy talked about how progress leads to profusion which leads to stress. Where do you see stress most in your life? Does it have anything to do with profusion of options?
3. How does the speed of your life challenge your priorities? In other words, do you struggle doing what you know you should do...what you even want to do...just because you are too busy?
4. Read Genesis 1:31- 2:3. Did anything stand out to you as new from the message?
5. Describe what God did to set an example for us using the key words that Remy noted in this passage; he "saw", "completed", "rested."
6. What were the three things that Remy said we can learn from God's example?
7. Is there anything you'll change as a result of this message? If so, what?