



Destroying Distractions

Sabbath as Rest
Genesis 1:1-2:3



Study Description

Work out of rest. And, rest from work. We follow in the footsteps of our Creator who spoke the world into order. Part of His good creation was rest for Himself as a pattern for all to follow. Rest is a part of God's creation. Notice the word for rest is not simply "to stop" but rather to "settle" or "dwell" in (Genesis 2:15). This is different than just simply stopping to rest, because we have a God who creates, enters His creation, and enjoys it. What does that look like for us as people of God as we pattern after Him and show the world what it looks like to Sabbath (both "to stop" and "settle in") well?

Share: (5 Min)

- Where is your favorite place to relax? What about that place makes it so relaxing?
- Read Genesis 1:1-2:3 together.

Learn: (10 Min)

- How would you define rest?
- God creates the world in six days and rests on the seventh. What do you notice about the different days of creation compared to the seventh day? What similarities or differences do you notice?
- Why do you think God rested on the seventh day? What implications does that have for us?

Love: (10 Min)

- What does this creation narrative tell us about the character of God?
- Reflecting on Genesis 1:1-2:3, how can Sabbath rest be a means for us to show love and care for ourselves and others?
- How can the practice of Sabbath strengthen our relationship with God, each other, and God's creation?

Live: (10 Min)

- What is something that is keeping you from rest this week?
- What would it take to leave behind distractions and find a day to simply rest this week?
- How can we as a Life Group encourage one another to enjoy God's creation this week?

Prayer (15 Min)

- Pray for each other as you seek to find Sabbath rest this week.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. What sort of distractions are you facing in your life currently?
2. How rested are you feeling? What might be keeping you from resting in God?
3. How do you think Sabbath rest can impact your relationships with others this week?



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Feel free to take any notes in the space below.