

Discussion questions

Genesis 2v1-3

'In the beginning...The Gift of Rest'

Possible opening: Can you think of the last time you felt really rested and relaxed? Perhaps a recent holiday or weekend away? When do you feel most rested?

What situations/experiences really wear you out?

Read Genesis 2v1-3 What stands out for you in this short section? What do you think are the surprises? What difficulties are there?

Looking Back: God's Rest

1. What do we mean by saying God rested? What do we not mean?
2. What are the implications of knowing that God has infinite capacity and is never overburdened?
3. 'We worship God today because God completely deserves it and because God absolutely expects it'. Why do we need to keep both of these in mind? Discuss whether your worship of God tends to be driven more by his deserving or his expectation.

Looking Now: Our Rest

1. How do we know that God's rest has implications for our rest? You might want to consider texts like Exodus 20:8-11 or think about issues like humanity being made in God's image.
2. Why did God create us to need physical rest? In what ways do you kick against the need to regularly rest physically?
3. What value is there in having regular patterns of rest? How much do you feel the 6 day work, 1 day rest pattern is one to be followed now?
4. Give examples of how you have seen work time encroaching into rest time? Or times of rest impinging on work time. What have been the consequences of that?
5. What does it communicate when God's people gather together regularly to worship him and encourage each other? Why is gathering together such a vital thing for us to do on a weekly basis? Why not once a month – what would we lose by that?

Looking Forward: Ultimate Rest

1. Thinking about the frustrations or challenges of this past week or what's been in the news, what sort of things do you long to see completely finished?
2. How would you answer someone who said they've come to Jesus but they haven't found rest for their souls (Matthew 11:28-30)?
3. Where else other than Jesus are you tempted to find 'rest'? What's appealing about those other sources of rest? What does it look like to live in the present in the light of our ultimate rest?