

Sermon Notes
“Self-care: Rest” (Gen 2:1-2:3)
Oct 15, 2023

➤ **The Greatest Day (2:1-3)**

i) **Blessed**

ii) **Made Holy**

➤ **A Sabbath Day**

Remembering

i) **Covenant Creation (Ex 20:8-11)**

ii) **Promised Salvation**
(Deut 5:12-15; Is 58:13-14)

➤ **A Day of Celebration**

Grace your body: Rhythm & refresh

Grace your soul: Re-orientate (Mt 11:28-29)

Grace the world i) **Sign: Chosen People**
(Acts 20:7; 1 Cor 16:1-2)

ii) **Message: ‘Enter this rest.’**
(Heb 4:1-13)

Discussion Questions

These questions are only a guide. Feel free to share how God has spoken to you, what areas you question &/or do not understand.
Allow the Holy Spirit to guide your discussion.

Take a moment to sit, breathe and reflect. As you came to church this morning, are you tired, drained, stressed, anxious, uncertain, etc? Is this how God wants us to live? If you can, share where you are at.

What has been your understanding of ‘rest’, and how have you practiced it? How does it align with the ‘blessedness and holiness’ God proclaimed over it. How has your practice mis-aligned?

Notice the ‘rest’ that God invited Adam and Eve into was *not* called Sabbath. Why do you think that is? What changed when God called Israel into Sabbath in Ex 20?

For Israel, Sabbath-keeping was a remembrance of creation and God’s initiative to save His people. How often do you see God in creation? How often do you reflect on your story? What stops our remembrance?

After the resurrection, the church gathered on the first day of the week. For us practically, how does meeting on Sunday impact our work week? How should our perspective change?

In what way does our gathering Sunday morning (& other times) impact our community? What changes need to be made for our witness to the community to be more effective?
