

Last week helped you give your life shape by identifying what belongs where. This week answers the next essential question: when does each thing belong? Genesis shows us that God didn't just create order—He created rhythm, and that rhythm is what turns good intentions into a sustainable life.

## QUESTIONS

*Read SCRIPTURE: GENESIS 1:1-10*

1. DO YOU THINK A LIFE WITHOUT BOUNDARIES IS GENEROUS OR DOES IT MAKE YOU FEEL VULNERABLE?
2. WHAT DO YOU NOTICE ABOUT THE RHYTHM GOD USED IN CREATION? WHY DO YOU THINK HE WORKED THAT WAY? Not only did God shape things during the first three days, but He also established a rhythm on day one for night and day.
3. WHY DO WE OFTEN CONFUSE BEING BUSY WITH BEING FAITHFUL?
4. WHICH AREA OF THE WHEEL OF LIFE CURRENTLY LACKS HEALTHY RHYTHM FOR YOU—SPIRITUAL, FAMILY, CAREER, PHYSICAL, MENTAL, SOCIAL, OR FINANCIAL?
5. HOW COULD CLEARER BOUNDARIES ACTUALLY INCREASE YOUR PEACE AND EFFECTIVENESS RATHER THAN LIMIT YOU? Imagine having specific identified times for what you will do and when you will do it.

**NEXT STEPS / CHALLENGE:** GOD HONORS NOT JUST WHAT YOU DO, BUT WHEN YOU DO IT.

## DAILY BIBLE READINGS AND PRAYER TIME

*Read the following scriptures this week:*

- Day 1 – Genesis 1:3–5 – Evening and morning
- Day 2 – Genesis 2:2–3 – God rests
- Day 3 – Ecclesiastes 3:1–8 – Seasons and timing
- Day 4 – Mark 1:35–39 – Jesus guards His rhythm
- Day 5 – Proverbs 25:28 – Life without boundaries
- Day 6 – Psalm 127:1–2 – Rest as trust
- Day 7 – Colossians 3:23–24 – Working with purpose

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