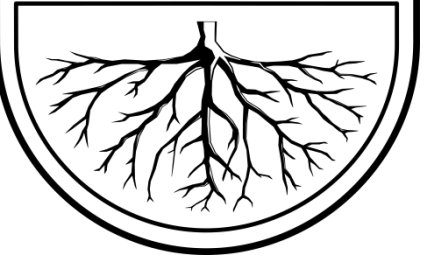




## **CONTEXT AND CLARIFICATION**

**Genesis 2:1-3**

## **LIFE GROUPS**



3. This question was inspired by the Desiring God article, “Do You Fear a Day of Rest?” by Adam Mabry, which we have provided as a study resource this week. We must remind ourselves to make neither rest nor work an idol. Both were given to humans by God before the fall, and both are a part of what it means for us to be devoted to Him.

5. Questions 5 and 6 are supposed to play off of one another. Resting in Christ and trusting in his work does not lead us to spiritual laziness. In fact, if we are really trusting in the work of Jesus, we will show it in the way we walk. John Piper has some helpful reflections on this concept in the resource we provided entitled “Fight Sin, Find Rest.”



## **LIFE GROUP QUESTIONS**

### **ICE BREAKER:**

1. Read Genesis 2:1-3. What was your biggest takeaway from Sunday’s sermon?
2. What are some ways that people might justify working on the sabbath?
3. Read Exodus 20:8-11. It has been said the American dream often looks like working without rest in order to achieve rest without work. How does this compare to a Biblical understanding of work and rest?
4. What was a time in your life when you felt like it was up to you to accomplish something important? How have you seen this attitude appear in your spiritual life?
5. Read Matthew 11:28-30. In this passage, Jesus invites his people to rest by taking up an instrument of labor. Why does he make this connection?
6. We tend to think that resting means not doing anything. In a spiritual sense, is this idea Biblical? Why or why not?
7. Do you tend more towards overwork or towards laziness? If you tend towards overwork, what is a step you can take to trust God by resting from your work? If you tend towards laziness, what is a step you can take to trust God by walking in wisdom?



## **FURTHER STUDY**

### **Hebrews 3:7-4:13**

Therefore, as the Holy Spirit says,  
 “Today, if you hear his voice,  
 do not harden your hearts as in the rebellion,  
 on the day of testing in the wilderness,  
 where your fathers put me to the test  
 and saw my works for forty years.

Therefore I was provoked with that generation,  
 and said, ‘They always go astray in their heart;  
 they have not known my ways.’

As I swore in my wrath,  
 ‘They shall not enter my rest.’ ”

Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin. For we have come to share in Christ, if indeed we hold our original confidence firm to the end. As it is said,

“Today, if you hear his voice,  
 do not harden your hearts as in the rebellion.”

For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? And to whom did he swear that they would not enter his rest, but to those who were disobedient? So we see that they were unable to enter because of unbelief.

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, as he has said,

“As I swore in my wrath,  
 ‘They shall not enter my rest,’ ”

although his works were finished from the foundation of the world. For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” And again in this passage he said,

“They shall not enter my rest.”

Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice,  
do not harden your hearts.”

For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

### **Jeremiah 6:16**

Thus says the LORD:

“Stand by the roads, and look,  
and ask for the ancient paths,  
where the good way is; and walk in it,  
and find rest for your souls.

But they said, ‘We will not walk in it.’

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“Our hearts are restless ’til they find their rest in Thee”

- Augustine



“The seventh day stands apart in solitary grandeur as the crown to the six days of creation. This indicates not only immense literary craft but deep theological significance. From the beginning of creation, the seventh day was central, not only to creation, but to the ultimate destiny of God’s people.”

- R. Kent Hughes