

God's Rest and Ours

Genesis 2:1-3
Small Group Questions

WEEK OF NOVEMBER 2-8, 2025

(1) Read Genesis 2:1-3

- (a) What is the larger context of these verses? Why is that important?
- (b) What is different about the way the seventh day is handled from the way the others are?
- (c) Should we understand this to be a normal (roughly 24-hour) day or not? How come?

(2) How does the seventh day become the basis of Israel's Sabbath law? (Exodus 20:8-11)

(3) What do you see from these passages about the Sabbath? Pull together your observations.

Exodus 16:27-29

Exodus 23:12

Exodus 31:12-17

Isaiah 58:13

Mark 2:27

Deuteronomy 5:12-15

(4) What bearing do these Bible texts have on our understanding of whether the Sabbath directly applies as law to us the way it did to Israel?

Hebrews 4

Romans 14:1-6

- (a) In light of Hebrews 4, what is the most important rest that we need to focus on (the fulfillment of all rest)?
 - (b) In light of Romans 14, how should we navigate disagreements about this?
- (5) Whether or not you think that the Lord's Day is the Christian Sabbath, you would likely all agree that God establishes a rhythm of work and rest. Here are some helpful reflection questions from chapter 13 ("The Sabbath Commandment") of Wayne Grudem's *Christian Ethics: Living a Life That Is Pleasing to God*:
- (a) Do you look forward to Sunday? Why or why not?
 - (b) When you meet with other Christians on Sunday, do you sense God's approval? Do you notice any refreshing or strengthening of your spiritual life?
 - (c) Do you think that you take enough time of regular rest from work? Too little? Too much?