

Theology of Rest Genesis 2:1-3 (ESV)

Scriptural Questions

- In the narrative, what happens before and after God rests? What is the author trying to communicate to his audience?
- What is the purpose of God “blessing” the seventh day? And why is it “holy”?
- Read Hebrews 3:18-4:11. How does the author of Hebrews understand the grand story of “rest” in light of Genesis 2?
- How does the goodness of Jesus play into the idea of sabbath rest?

Reflection Questions:

- In a given week, do you feel more rested? Busy? Frantic? Balanced? Why?
- How do you and your family think through sabbath on a weekly, monthly, and yearly routine?
- If you find resting difficult, what might be some underlying issues that cause this?
- How should the gospel inform your daily and weekly rhythms? How should the gospel inform CBC?