

"THE REST OF GOD"

Genesis 2:1-3 | Exodus 20:8-11 | Isaiah 58:13-14

Main Idea: The God who created us for Himself gave us the gift of setting aside one day a week to be released from our work in order to be re-oriented and replenished in His presence.

The Gift of the Sabbath

The infinite, self-sufficient God who "rested"

The Creator who knows His creatures

Mankind was created to rest

"Sabbath was made for man..." (Jesus)

The timing of the Sabbath

Adam and Eve's *first* day

An orientation to one's Creator

The priority of relationship

The Sacredness of the Sabbath

The Purpose of the Sabbath

A day of re-orientation

A day of rest

The Practice of the Sabbath

In the Jewish community

In church history

In the contemporary church

Family Life Groups

“The Rest of God” - part 1

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Main Idea: The God who created us for Himself gave us the gift of setting aside one day a week to be released from our work in order to be re-oriented and replenished in His presence.

1) Why did God design Adam and Eve’s first day to be a day of rest?
What does this reveal about God’s intent for humanity?

2) Sabbath is not only a day of rest, but a day of re-orientation. Why do we need to be re-oriented? To whom or what do we need to be re-oriented?

3) Do you set aside one day a week for rest? Why or why not?
Have the Scriptures we studied on Sunday (Gen. 2:1-3; Ex. 20:8-11; Isa. 58:13-14; Mark 2:27) influenced you to *do* something?
If so, what?

Questions? Contact Pastor Stan at stan@ebcsalem.com.