



Oct 9

Sermon Notes | Genesis 1:1-31

Message discussion: What stood out to you in this week's message? Questions? A way God moved you to respond?

Passage reflection: Read Genesis 1:1-31. What stands out to you in these verses? Is there something you hear God saying to you? How can you respond to what He is saying?

1. Read Genesis 1:1-31. "And there was evening and there was morning, the _____ day". This phrase is repeated six times. The Jewish day started at 6:00 in the evening and finished at 6:00 the next evening. How might it affect your concept of rest and work if your day began with dinner and sleep and then ended with work?

2. Read Genesis 2:1-3, 15, and Genesis 1:26-31. What work did God give Adam and Eve to do? Adam and Eve's first full day, the seventh day, was a day of rest. Do you observe a regular day of resting from work?

3. Describe some aspects of our culture that make it challenging to maintain healthy rhythms of rest. What makes it most challenging for you?

4. As we begin this series on the rest of Jesus, would you honestly evaluate your current perspective on rest and work? Is it backward from God's design? Are you resting from work or working from rest?