

Genesis: The Book That Started It All

Group Guide | September 7

Open with prayer and a question (15 minutes).

Begin your time together as a group with a word of prayer. Thank God for this space to learn, share, and grow!

From the weekly work this week, ask the following:

- What is your current level of tiredness, fatigue?
- What is your current practice of Sabbath?
- Is there a correlation between these two?

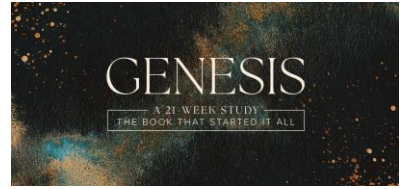
Read Genesis 2:2-3 and begin with these questions (35 minutes).

- What stood out or challenged you from Dan's sermon on Sunday?
- Read **Hebrews 4:1, 9-11; Mark 2:23-28; Exodus 20:8-10; Deuteronomy 5:13-15; and Revelation 14:10**. What do you notice about what Scripture says about God's invitation to Sabbath and rest in these passages?
- What personal or cultural obstacles prevent you from fully embracing the Sabbath as a holy day set apart for worship, rest, renewal, and relationships? How can you address them?
- In his sermon, Dan talked about how Sabbath is meant to be a "gift that keeps on giving." In what ways can you intentionally treat the Sabbath as a "gift that keeps on giving," allowing it to bring life-giving power, favor, and abundance into your weekly rhythms?
- Think through Dan's encouragements in practicing Sabbath utilizing the four cardinal directions on a compass: North (God), South (Rest), East (Renewal), and West (People). Which of these are you most drawn to in the practice of sabbath? Which would be hardest for you to step into?
- What would it take for you to implement the practice of sabbath into your regular rhythms? How would that change your relationships with God, with others, with your work?

Spend a few minutes in prayer (5 minutes).

In smaller groups, take a few moments to have each person share what they feel like they need most in life right now from the following:

- Connection with God
- Physical rest



- Renewal and refreshment
- Time in community

After each person shares, have someone in the smaller group pray for that person in that area (e.g. If someone says they're needing to slow down and connect with God because they're really busy, pray that they'd find opportunities to do so).

Come together as a large group for prayer requests and prayer (5 minutes).

As you end your group time, share your prayer requests. Have someone record them and send them out to everyone. Then, finish by having someone pray over your group.

For information about practicing Sabbath, check out [this resource](#)