



Genesis: The Book That Started It All

Weekly Work | September 7

Open with silent prayer.

As you begin, set aside your things. Silence your devices. Find a quiet space and get comfortable. Take a few moments to close your eyes and quietly invite the Lord to still your mind, body, and breathing. Give yourself a few moments in this space to rest in God's presence.

Reflect on these questions as you begin:

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

Read Genesis 2:1-3; Hebrews 4:1, 9-11; and Exodus 20:8-10.

- What do you notice about what Scripture says about God's invitation to Sabbath and rest in these passages?

Read Isaiah 40:28.

When God created Sabbath, it was not for Him. God is complete without rest. But He knew we would not be. We are finite. We have limits that are very real and cannot be ignored. We grow tired and weary. We desperately need to be refreshed, renewed, revived.

God modeled rest for us in a beautiful and loving way. Mark Buchanan paints the picture like this: "So, God, knowing both our need and our folly, took the lead. He set the example. Like a parent who coaxes a cranky toddler to lie down for an afternoon nap by lying down beside her, God woos us into rest by resting... God commands that we imitate him in order to discover again that we're not him, and that we need him."¹ He modeled rest, inviting us to follow.

When we practice Sabbath, we are reminded of who we are and to whom we belong. We also remember that God is ultimately in control.

Buchanan says, "If God works all things together for good for those who love him and are called to his purposes, you can relax. If he doesn't, start worrying. If God can take any mess, any mishap, any wastage, any wreckage, any anything, and choreograph beauty and meaning from

¹ Mark Buchanan, *The Rest of God*, (Nashville, TN: Thomas Nelson, 2006), 88.



it, then you can take a day off. If he can't, get busy. Either God's always at work, watching the city, building the house, or you need to try harder. Either God is good or in control, or it all depends on you."²

Read Colossians 1:15-20.

Reflect:

- What does this passage say about Christ's nature that would inform how you rest?
- What difficulties or compulsions make it hard for you to rest or practice Sabbath?
- How does/would taking a sabbath enhance your enjoyment and worship of God?
- What makes/would make a Sabbath day nourishing and replenishing to you?
- What happens to you when you go without regular rhythms that allow you to rest in God?
- 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?

Pray:

Set aside some time this week to pray, inviting the Lord to search your heart, your calendar, your to-do list, and any other way you spend your time. Ask Him to show you what it would look like in this season to make room for rest and Sabbath. Thank Him for the grace-filled gift of rest.

Conclude by checking out this [Sabbath practice](#).

² Buchanan, Mark, *The Rest of God: Restoring your Soul by Restoring Your Sabbath* (Nashville, TN: Thomas Nelson, 2006), 61-63