

Dig Deeper into Genesis 2:1-3 for lifegroups/personal study ...



For today's dig deeper you might like to look at some of these other passages along with Genesis 2:1-3 as we think more about what godly rest is...

1. Genesis 2:1-3 shows that we are in the image of our Creator God who works and rests. He gives us these gifts and makes them holy. Which of the following do you find your greatest temptation?
 - a. overwork?
 - b. laziness?
 - c. creating mini laws to turn rest into a rule?

When do you face these temptations, and what from Genesis will help you?

2. Have a look at Mark 2:23-28. How did Jesus' attitude towards the sabbath challenge those around him? How might it challenge ours?
3. In Hebrews 4:1-11, the writer says the promise still remains for us to enter God's Rest. Looking at this passage, what is this ultimate rest, and how should it affect us now? (See also Matt 11:28-30).

Resources...

- A very good Gospel Coalition article [here](#) on **Sabbath Rest** including a brief reflection on rest lessons we should learn from Covid.
- Christians differ today on the question of whether the 4th Commandment continues into the New Testament in the same way as other commandments. For different views on whether **Sunday should be viewed as the Christian Sabbath**, have a the following articles [for](#), [against](#) on the Gospel Coalition website.
- **"The First Chapters of Everything"**- Short book by on Gen 1-4 by our good friend Alasdair Paine, from 10ofthose for £6.79 [here](#). It is excellent and really well applied to life today.