

# Foundations for Faith: Work and Rest *[Genesis 1-11]*

Genesis 1:26-31; 2:1-3, 15 (preached on May 24, 2009)

*Note to Discussion Leaders: Please remember to start by reading the Bible passage as a group. While this is a "sermon discussion" guide, it's vital that our reflections and applications are grounded in scripture. In a similar vein, do your best to help group members to link their discussion points to the scripture text. Don't skip over all the questions that invite the group to observe and interpret specific verses in the passage.*

**READ** Genesis 1:26-31; 2:1-3, 15 (NT reading: Hebrews 4:1-13)

## REFLECT

1. **Warm-up.** Reflect on your various attitudes towards "work" and "rest." What or who has helped to shape these attitudes (parents, culture, school, a specific event in your life, etc.)?
  
2. Consider the way in which work is presented in the book of Genesis (God's work in creation: Gen. 2:2-3; man's work: Gen. 1:28; 2:15). In your own words, how is our daily work (a) "unique," (b) "significant," and (c) "sacred"? What might change in your attitude towards your job if you believed these things?
  
3. Think about the most mundane and tedious parts of your job. How might embracing the biblical significance of work (God gives us a God-like job!) help you handle these?
  
4. Is your life in sync with the work-rest rhythm that God has put into place (see also Exodus 20:8-11; Deuteronomy 5:12-15)? If you struggle with resting well, are there any "legitimate" circumstances that account for this? What are some of the excuses you use to justify your lack of rest?
  
5. How does our culture make it difficult to rest? Consider our tendency to live in "continuous time," our sense of "urgency" with all things, as well as other features of life in DC. How might becoming a community that "lives in the seventh day" become a source of refreshment to a city of beleaguered people (the weary poor and weary professionals)?

