

Mmmm... Nice!!

GOD

DAY 7



God blessed the seventh day and made it holy, because on it he rested. Genesis 2:3

## Bible Study:



Read Genesis 2:1-3; Exodus 20:8-11, Exodus 31:13-17, and Hebrews 4:9-11. Spend time thanking Him for your role as a **steward** (working as unto the Lord) and **rester** (finding peace in the knowledge that we are completely dependent upon Him for everything). We work six days, then rest on the seventh, and we may enjoy physical rest on the Sabbath, but more important than that is the spiritual act of weekly letting go, as a way of expressing Trust and in the Lord.

## The gospel in the story:



Understanding the gospel starts with having a **big view of God**. Our God is so big and powerful, that in six days He created all the wonders of the earth and heavens to a point of perfection. On the seventh day, He rested, not because he was tired, but because He was providing a foreshadowing of eternity where His people will find continual and total peace and rest in His presence. In the meantime, we are to keep a Sabbath Day (see the 4<sup>th</sup> commandment), not as an obligation, but as a **blessing** to find rest in the Lord. The book of Hebrews tells us that all who believe in Jesus will enter God's rest for eternity.

## Application

### Head: What did we learn?

Q: How long did it take God to make EVERYTHING?

A: God created everything in six days, and rested on the seventh

Q: How does this establish a pattern for us? A: we called to be good stewards of His creation - to work six days as unto the Lord (Col. 3:23-24)

Q: Why did God rest? A: to give us a pattern of regularly resting in Him

Q: What does the word "holy" mean? A: set apart for God. God is holy because He is separate, above, and set apart from all He created, The Sabbath is holy because it is set apart for Him

### Heart : Memory verse

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. (Exodus 20:9-10a)

### Hands: How does this affect the way I live my life?

God gave us the role of stewards of His creation (Gen. 2:15), and whether it is schoolwork, or our job, or chores around the house, we are to work during the week as unto the Lord.

Once a week, we need to take a break from work and realize that the true source of all that we have and need is God.

### Home: How does this affect my household?

We are to let our households reflect our understanding that everything belongs to God.

### Heaven: How can we be intentional about sharing our faith with others?

We reflect the Gospel to co-workers and neighbors, when we steward well (faithful workers), and rest and recognize the source of all that we have (find peace in the Lord).