

Bible Study Questions

Why Do We Rest? – Genesis 2:1-3

Focus

When God completed His work of creation, He took joy in it and thus set the seventh day apart as a day for His glory. Day 7, therefore, calls us to join with God in delighting in His glory and thus in finding our rest in Him.

Read

[Genesis 2:1-3](#)

Listen

CCNYC teaching on Genesis which can be found on our [website](#)

As you study this passage on your own or with a small group of others, here are some questions for study, reflection, and application.

Some Questions for Study and Reflection

(The purpose of these opening questions is to review the passage that was recently preached on in order to make sure that everyone understands the basic structure, events, people, and point of the passage.)

1. Work through some basic review questions for this passage:
 - What's the context? (Where are we in Genesis; the Pentateuch; the Old Testament; and the Bible as a whole?)
 - Who are the main characters in this section?
 - Is time or place significant in the events that happen in the passage?
 - Is there a conflict or high point in this passage? (What is the structure of this passage that builds to that point?)
 - What was the main point or theme of this passage that was identified in Sunday's sermon?
 - What surprises are there in this passage?
2. What questions do you still have about this passage that you'd like to discuss?

Closing Reflection and Application

(The purpose of these reflection questions is to help each other not just understand what the passage is saying, but to think more deeply about what it means so that we can then accurately apply it to our lives today.)

3. What does it tell you about God that He ceased His creating work and rested in the sense of stepping back to enjoy what He created?

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4. What are some ways you can take time this week to really delight in God as you enjoy the goodness of His creation?

5. Why do you think God took His pattern of creation and applied it to the Israelites in the form of six days of work followed by the Sabbath Day?

6. In what way does your life right now conform (or not) to this basic biblical pattern of work and rest?

7. How might our approach to rest reveal what it is we really love and worship? What does it reveal about you?

8. If 'rest' in the Bible doesn't simply mean inactivity but finding our joy and delight in God's glory, what might a day of rest look like for Christians today?

9. Hebrews 4 helps us to understand that true spiritual rest comes only from trusting in Jesus' finished work on our behalf. How have you experienced this kind of rest in your life?

10. Has studying this passage in any way challenged your understanding about who God is and what He's like?

11. In light of studying this passage, is there any behavior or attitude that you need to personally address in your life?

12. How does this passage help you to love, trust, and worship Jesus more fully?