

Small Group Discussion Guide



Text: Genesis 2:1-3



Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.



Discussion Questions



- **What are your favorite activities or treats you delight in during your down time?**
- **According to the text, how did God make the seventh day of creation holy? What does it mean for something or someone to be holy?**
- **In what ways does our culture value or devalue rest?**
- **How do you rest at home? At work? At church? If you don't, why not?**
- **How would your relationships at home, at work, and at church be different if you took more time to rest?**