

# An Invitation to **REST!**

## Scripture Focus - Day 1 **Genesis 2:1-3**



### Observation

What are some **simple** observations I can make **directly from this text**? Who is involved? Any keywords or phrases? Repeated words? Who is speaking? Anyone being addressed? Any comparisons or contrasts? Any cause and effects?

- ➔ *God appears to be the only One involved.*
- ➔ *Keywords would include: rested, seventh, holy, all His work, created, creation, work*
- ➔ *A cause and effect would be that God finished His work, therefore He rested.*



### Interpretation

What does the passage mean? What is the context? What is happening? Are there any other Scriptures to look up? Any terms to be researched? How would you summarize the passage in **your own words**?

- ➔ *God just finished creating the world and all the living creatures.*
- ➔ *I would research the terms: rested, finished, work, all that He had done, and holy*
- ➔ *In this verse, God finished His work in creation and decided to rest and even set that time apart as holy.*



### Implication / Application

Does this passage teach me something about God? Does the text state a command to obey, an example to follow or an error to avoid? Does the text reveal a promise or a truth to believe?

- ➔ *God created the world, He finished creating the world, and He rested.*
- ➔ *We should allow for rest in our own lives. A life with no rest is harmful.*
- ➔ *Designating a time to rest is spiritually and physically beneficial for me.*



### Making it Personal

#### How this Scripture challenges me:

1. *There is too much to do in my life and too little time.*
2. *Finding a designated time to rest in God is hard for me.*
3. *I feel guilty if I rest.*

#### How this Scripture comforts me:

1. *There is no shame in resting. Even God did it.*
2. *Rest is meaningful.*

#### My Personal Prayer Request

*Lord, please help me to organize my time. Please help me to rest and serve you better.*