

God rests

Genesis 2:1-3

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

God stops working and makes one day special. What does that tell you about what God thinks matters?

2. What does it show me about people — and about me?

Why do you think it is hard for people to stop and rest?

3. What will I obey this week?

Which day this week will you stop, rest, and spend some of it with God?

4. Who will I tell?

Who could you invite to rest with you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, you worked and then you rested. Thank you that resting was your idea. Help me stop and be with you.

NEXT STUDY The garden, and one rule

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