

Why Are You So Busy? | Genesis 2:1-3 Sermon Discussion Guide

Purpose of Discussion: To understand the Sabbath is for rest and worship and that it should be treasured. God designed rest for our flourishing and renewal.

Sermon Refresher: Keith preached the importance of keeping the Sabbath in our exhausting world. The sabbath is holy and is a treasure for us to observe for our flourishing and renewal.

Icebreaker: Do you feel like you are in charge of your schedule? Why or why not?

Discussion Questions:

Transition: Some of us spend a lot of time on our schedules. Organizing and prioritizing our time and commitments. Let us read in Genesis how God commands us to make our schedule.

Read Genesis 2:1-3 (NIV)

"Thus the heavens and the earth were completed in all their vast array.
²By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

1. God called the Sabbath 'holy', which means 'to set apart.' What did God set aside this day for?
2. This is the third time God blessed something; the animals, the humans, and then the Sabbath. Keith said this tells us that rest is a chance for us to create life. How do you see rest as creating life?
3. Keith mentioned in his sermon that the Sabbath is more than a day off. It is a day for prioritizing worship and rest. What would it look like in your life to prioritize the Sabbath?

4. Some of us have labor intensive jobs and some of us have jobs that are more stationary (at a desk). Are there forms of resting that renew you? What wouldn't be renewing?

Transition: Read Deuteronomy 5

"Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. ¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day."

Transition: Moses spoke to the Israelites that the Sabbath showed that they are no longer in bondage in Egypt. Exodus 5 shows us the mentality of work that was present in that culture. Read Exodus 5:4-18

⁴ But the king of Egypt said, "Moses and Aaron, why are you taking the people away from their labor? Get back to your work!" ⁵ Then Pharaoh said, "Look, the people of the land are now numerous, and you are stopping them from working."

⁶ That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: ⁷ "You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. ⁸ But require them to make the same number of bricks as before; don't reduce the quota. They are lazy; that is why they are crying out, 'Let us go and sacrifice to our God.' ⁹ Make the work harder for the people so that they keep working and pay no attention to lies."

¹⁰ Then the slave drivers and the overseers went out and said to the people, "This is what Pharaoh says: 'I will not give you any more straw. ¹¹ Go and get your own straw wherever you can find it, but your work will not be reduced at all.'" ¹² So the people scattered all over Egypt to gather stubble to use for straw. ¹³ The slave drivers kept pressing them, saying, "Complete the work required of you for each day, just as when you had straw." ¹⁴ And Pharaoh's slave drivers beat the Israelite overseers they had appointed, demanding, "Why haven't you met your quota of bricks yesterday or today, as before?"

THE **crossing** **small groups**

¹⁵Then the Israelite overseers went and appealed to Pharaoh: "Why have you treated your servants this way? ¹⁶Your servants are given no straw, yet we are told, 'Make bricks!' Your servants are being beaten, but the fault is with your own people."

¹⁷Pharaoh said, "Lazy, that's what you are—lazy! That is why you keep saying, 'Let us go and sacrifice to the LORD.' ¹⁸Now get to work. You will not be given any straw, yet you must produce your full quota of bricks."

Transition: This passage shows us that Pharaoh lived a life of driving to do more and more; seeking accomplishment, accumulation, and achievement. Keith said we all have a little bit of Pharaoh's mentality in us.

5. How do you see this pressure in your life?
6. How is our drive for accomplishment, accumulation, and achievement enslaving?
7. The Sabbath is a rebellion of slavery. How can the Sabbath help you to say 'this is enough'?

Read Matthew 11:29

Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light."

8. How do the actions of Jesus free us from this slavery?

Sharing and Prayer:

Break into smaller groups and share with one another what has kept you from keeping the Sabbath. How can you better practice the Sabbath or rest in the way God wants us to this week and the weeks to come?