



Have you ever had to sit and wait for something? For most of us, sitting and waiting are not necessarily exciting words. But sometimes sitting is exactly what we need. As we continue our new series, we are taking time this week to learn what it means to truly sit, or rest, in God's finished work.

Read Genesis 1:26-2:2

We see here that God creates man on the 6th day, and then rests on the 7th day. This means that the first thing that Adam is invited to "do" is rest with God. What do you think God is communicating to Adam by doing this?

The Hebrew word for rest is "nuach" which means to be quiet, and is also synonymous with "shabat," which means to cease. Before Adam began the work of ruling over God's finished work, Adam was first invited to sit, be quiet, and do nothing but be present with God in His creation.

Do you find it hard to rest? To be present? Why or why not?

As we all know, Adam and Eve chose to reject God's ways. They instead chose for themselves the striving and toil that comes with sin.

How do you see striving at work in the lives of people in our culture? What do we all strive for?

Have you had a time in your life where you ignored rhythms of rest (sleeping, sabbath, vacations), but had little to show for it? How did that leave you feeling?

Jesus entered human history after thousands of years of ceaseless striving. Just as Adam was invited into the finished work of Creation, we have been invited into the finished work of Calvary.

Read Ephesians 2:6-8

According to Paul, our efforts have nothing to do with our salvation- we rest in what Jesus did. What words from this passage stick out to you and why?

Read Matthew 11:28-30

How does this invitation from Jesus affect you? How does it make you feel?

What would it look like for you personally to take Jesus up on His invitation?

Pray this prayer

Father, help me to receive this gift of rest you offer to me. I need rest for my soul- I am weary and overburdened. I take your yoke, which is easy, and your burden, which is light. Help me to cease my striving and instead put my trust in You and in Your finished work. Amen.