



## In the beginning God.... Leaders Guide Week 5

(Times are approximate) – start time: \_\_\_\_\_

### Welcome

(+3 min)

### Opening prayer

(+1 min)

### Opening Comments

- As we begin to look at this very special day at the end of God’s cycle of creation there are a couple of points to realize.
- First, the seventh day was the first full day of life for the man and woman.
- What did they observe? God resting – meaning enjoying His completed work of creation.
- Second, the impact this day may have had on the man and woman are uniquely described in a quote from James G. Murphy.
- “In order to enter upon the observance of this day with intelligence, therefore, it was necessary that the human pair should have been acquainted with the events recorded in the preceding chapter.
- They must further have been instructed in the order and purpose of the six day’s creation, by which the land and sky were fitted up for the residence of man.
- They must in consequence have learned that they themselves were created in the image of God, and intended to have dominion over the entire animal world.
- This information would fill their pure and infantile minds with thoughts of wonder, gratitude, and delight, and prepare them for entering upon the celebration of the seventh-day rest with the understanding and the heart....
- But there can be no reasonable doubt that He who made them in His image could convey into their minds such simple and elementary conceptions of the origin of themselves and the creatures around them as would enable them to keep even the first Sabbath with priority.
- James goes on, “When the last man has been born and has arrived at the crisis of his destiny, then may we expect a *new creation*, another putting forth of the divine energy, to prepare the skies above the earth beneath for a new stage of man’s history, in which he will appear as a race no longer in process of development, but completed in number, confirmed in moral character, transformed in physical constitution, and so adapted for a new scene of existence.”<sup>1</sup>
- With that little intro, let’s go over our study lesson.

(+3 min)

### Discussion of the Study Lesson – (~49 min) – Weekly theme: The Seventh Day

#### Day 1: Overview – Read Genesis 2:1-3

1. What do you see in these verses that makes this day so unique?

- The author has set this day apart from the first six, not only by stating specifically that God "*blessed*" it, but also by changing the style of the account.

## Genesis Leaders Guide Week 5

---

- Notice that on this day God does not  *speak*, He does no  *work* as he did the previous days.
- On this day he  *blessed* and  *made it holy*, but he did not  *work*.
- The reader is left with a somber and repetitive reminder of only one fact:  *God did not work on the seventh day*.
- While little else is reported, this is repeated three times that  *God did not work*.
- The author surely intended by this to put the emphasis on God's  *rest*.

**(+1 min)**

2. What are some things the phrase “ *God rested*”  does not mean  (2:2)?

- Answers may vary, this same topic is covered in more detail on day 3.
- It does not mean He closed His eyes and went to sleep.
- He did not take a nap.
- It does not mean that God rested in the sense that He became indifferent to what the man and woman were doing.
- We will see in a couple of weeks that God was not indifferent to what Adam and Eve were doing in the garden.
- When they sinned He was immediately in the Garden seeking them out.

**(+1 min)**

3. What two declarations did God make regarding this day (2:3a)?

- He declared the seventh day  *blessed* and  *holy*.
- These two declarations are discussed in more detail later in this week’s lesson.

**(+1 min)**

4. Man and woman were created late in the sixth day, so what would be special about this day for them?

- It was their first full day of life and God demonstrated what they were to do on the seventh day – rest.
- This will be covered in more detail in day 3.

**(+1 min)**

5. What do you learn about the person of God from these three verses (2:1-3)?

- Answers will vary – should be interesting so allow a couple of minutes for this one.

**(+1 min)**

**Application 1:** What can you do today to begin preparing for your next Sabbath day?

**(+1 min)**

**Day 2: “ *Heavens and earth*” – Read Genesis 2:1**

1. Write definitions for the words “complete” and “completed.”

- (Webster’s) complete, completed – having all necessary parts, elements, or steps; to bring to an end or especially into a perfected state; to carry out successfully.

- There may be other definitions from other dictionaries.

**(+1 min)**

2. Using the above definitions, how would you paraphrase “*the heavens and the earth were completed?*”

- Example: “God had no more to add, remove, or change to His creation whether in heaven or earth.”
- When the Lord looked over all His creative handiwork He was *completely* satisfied with all He saw.
- From Genesis 1:31 “*it was very good*” can be translated “*it was completely perfect.*”
- He had completed every detail from the placement of the smallest grain of sand to that of galaxies throughout the cosmos.
- Everything was in complete harmony with its placement and operated perfectly.
- To finish a work, in Hebrew conception, is to cease from it, to have done with it.
- Answers will vary.

**(+1 min)**

3. What do you think the words “*in all their vast array*” mean?

- This seems to be referring to all creation, stars, planets, solar systems, galaxies, on the larger scale.
- But it also refers to the vastness life on earth.
- The whole is now finished; that is, perfectly fitted at length for the convenience of man and woman.
- Answers will vary.

**(+1 min)**

4. What is the warning given in Deuteronomy 4:19 regarding the “*heavens and earth?*” Do people sometimes confuse worshipping the creation rather than the Creator? Explain.

**Deuteronomy 4:19** – “*And when you look up to the sky and see the sun, the moon and the stars--all the heavenly array--do not be enticed into bowing down to them and worshiping things the LORD your God has apportioned to all the nations under heaven.*”

- The Israelites were not to worship the sun, the moon, and the stars.
- These were “*Things the LORD your God has apportioned to all the nations under heaven*” cannot mean that God gave the sun, moon, and stars as objects of worship to the nations--prohibiting such worship on the part of Israel only.
- This clause is simply stating that these celestial objects were given to all mankind for the physical benefit of the earth and were not proper objects of worship at all.
- But there are some people who worship the creation and not the Creator.
- There are cults that believe God is in everything: rocks, tree, streams, mountains, etc.
- We must remember that God’s existence is external to His creation and yet He is omnipresent.

**(+2 min)**

**Application 2:** How will you appreciate His creation today and worship Him? Identify two ways you will appreciate His creation and two ways you will worship Him today.

**(+1 min)**

**Day 3: Finished and rested. – Read Genesis 2:2**

1. Seven is a unique number in Scripture. Using the following verses, identify the miracle associated with the number seven. Joshua 6:15-20; 2 Kings 5:10; Matthew 15:35-36, 37.

**Joshua 6:15-20** – “On the seventh day, they got up at daybreak and marched around the city seven times in the same manner, except that on that day they circled the city seven times. The seventh time around, when the priests sounded the trumpet blast, Joshua commanded the people, “Shout! For the LORD has given you the city! The city and all that is in it are to be devoted to the LORD. Only Rahab the prostitute and all who are with her in her house shall be spared, because she hid the spies we sent. But keep away from the devoted things, so that you will not bring about your own destruction by taking any of them. Otherwise you will make the camp of Israel liable to destruction and bring trouble on it. All the silver and gold and the articles of bronze and iron are sacred to the LORD and must go into his treasury.” When the trumpets sounded, the people shouted, and at the sound of the trumpet, when the people gave a loud shout, the wall collapsed; so every man charged straight in, and they took the city.” –

• On the seventh day, they circled the city and went around seven times – the miracle was the walls fell!

**2 Kings 5:10** – “Elisha sent a messenger to say to him, “Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed.”” – wash seven times and cured leprosy

**Matthew 15:35-36** – “He told the crowd to sit down on the ground. Then he took the seven loaves and the fish, and when he had given thanks, he broke them and gave them to the disciples, and they in turn to the people” – seven loaves and a few small fish to feed the multitude.

**Matthew 15:37** – “They all ate and were satisfied. Afterward the disciples picked up seven basketfuls of broken pieces that were left over” – seven basketfuls were left!

- These verses are just a few of the miracles pertaining to the *divine* number seven.
- That number has been special ever since the day the Lord rested after the creation!

**(+2 min)**

2. God has *finished the work He had been doing*. What work was finished in John 19:30? How do these two *finished works* compare?

**John 19:30** – “When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit”

- “The use of the perfect tense in “*It is finished*” (*tetelestai*) signifies full completion of Jesus' work and the establishment of a basis for faith.
- Nothing further needed to be done.
- Jesus' act was voluntary and confident, for he had discharged perfectly the Father's purpose and was leaving the scene of his human struggle.
- The expression may be interpreted in various ways: as a cry of relief, because suffering is ending; as a cry of anguish, because his ministry has ended in (what could be viewed as) failure; or as a shout of victory, because the purpose of God has triumphed in his death.
- The last of these seems to be the author's intent.
- He makes it the final report of Jesus to the Father, who will now exalt him to glory.
- The final word says that “*He bowed His head and gave up His spirit.*”
- It could also be translated “He laid His head to rest and dismissed His spirit.”
- Jesus retained consciousness and command of Himself till the very end.”<sup>2</sup>
- Just as *God had finished the work He had been doing*, Jesus had *finished* the work He came to earth to accomplish.

**(+2 min)**

3. Why do you think God rested on the seventh day? Do you think God was exhausted from creating everything? Explain.

- He had ceased from His work which He had made.
- He then rested.
- By Him resting, it indicated that His undertaking of creation was accomplished in its entirety.
- Nothing to add, change, or remove.
- It was perfect, in harmony with Him, and without imperfections.
- His resting wasn't because of being tired, fatigued, and worn out but from completing the task.
- Ever work on a project that you really enjoyed and when it was finished you sat back, sighed, and rested as you admired what you had accomplished. You're not tired or exhausted but in a mode of appreciation.
- Same with God, He is refreshed, not by having His strength restored, but by satisfaction of having before Him a finished perfection.

**(+2 min)**

4. We often question, "How do we find rest?" Identify ways to find rest using these verses: Psalm 16:8-9, 62:1; Isaiah 30:15; Matthew 11:28-30; Hebrews 4:8-11.

**Psalm 16:8-9** – *"I have set the LORD always before me. Because He is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure"*

- Truly following and relying on the LORD, we can have rest.

**Psalm 62:1** – *"My soul finds rest in God alone; my salvation comes from Him"*

- The Psalmist says his soul finds rest in God alone – the same is true for us today. That passage could have been written today with the same effect.

**Isaiah 30:15** – *"This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.""*

- This passage speaks of the free offer God makes but the people would not have it – thus they were restless – sin causes the majority of restlessness.
- Either our own or sin of sins of others, who by their sin's collateral effect, affect us to the point of restlessness.
- This can be by family members, peers, friends, many sources.

**(+2 min) Matthew 11:28-30** – *"Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."*

- Jesus gives us complete rest – He gives us a divine rest which the world cannot experience.
- We may be tired, but His rest is complete all the time.
- We just forget about Him!
- We let the world keep us so busy we don't have time to *rest with Him* and He doesn't force us to!

**Hebrews 4:8-11** – *"For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience."*

- Again we have a form of rest on the Sabbath!
- Our problem is that we have lost the desire for that rest in most cases.

- Our Sabbath day is just as busy as the other days of the week, maybe even more so because we want to get so much done on the weekend.
- For many in our society the Sabbath is something of the past. Sad!

**(+3 min)**

**Application 3:** What changes might you need to make so you can have one day of rest this week?

**(+1 min)**

### **Day 4: God blesses the seventh day and pronounces it holy. – Read Genesis 2:3**

1. What does "bless" or "blessing" mean (use dictionary)?

- (Webster) bless, blessing – to hallow or consecrate by religious rite or word; to invoke divine care; to confer prosperity or happiness upon; *blessing* – a thing conducive to happiness or welfare.
- (Nelson's) bless, blessing – the act of declaring, or wishing, God's favor and goodness upon others. The blessing is not only the good effect of words; it also has the power to bring them to pass.
- In the Bible, important person blessed those with less power or influence.
- Even if spoken by mistake, once a blessing was given it could not be taken back (Genesis 27).

**(+1 min)**

2. From the definition above, try to name at least three elements of a blessing.

- First there must be the originator of the blessing.
- Second there must be a person/object to receive the blessing.
- Third, if the receiver is a person, they must be a relationship with God.
- A fourth element is the ritual of transference from the originator to the receiver of the blessing.
- Lastly, all blessings are "good" and therefore must enhance the receiver (person/object).

**(+2 min)**

3. What does it mean that God *blessed* the seventh day? How does one bless time?

- From the above description of the elements of a blessing, this blessing contained all the elements:
- First, God was the originator; second, the object was the seventh day; third, God made a relationship with the seventh day and we see the importance He placed on it all through Scripture; fourth, God transferred the blessing for the seventh day by announcing it; lastly, the blessing was "good" and we still celebrate it as being good today as we call it our Sabbath day.
- Since a blessing is something good, the only way to bless time is to devote it to some noble use.
- This is what God did when He blessed the seventh day, He rested on it and He made it holy.
- Making something holy is to "set it apart" for the Lord's use.

**(+2 min)**

4. God made the seventh day *holy*. Summarize what the Lord says about the *holy* seventh day: Exodus 16:23, 20:8,11; Nehemiah 9:13-15; Isaiah 58:13-14.

**Exodus 16:23** – *“He said to them, “This is what the LORD commanded: ‘Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”*

- He tells them to keep the Sabbath holy but baking and boiling the day before and then they rest on the Sabbath.

**Exodus 20:8,11** – *“Remember the Sabbath day by keeping it holy” “For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy”*

- God gave us the pattern by which we are to live in harmony with Him!
- When we don’t follow this pattern, we are going against Him.

**Nehemiah 9:13-15** – *“You came down on Mount Sinai; You spoke to them from heaven. You gave them regulations and laws that are just and right, and decrees and commands that are good. You made known to them Your holy Sabbath and gave them commands, decrees and laws through Your servant Moses. In their hunger You gave them bread from heaven and in their thirst You brought them water from the rock; You told them to go in and take possession of the land You had sworn with uplifted hand to give them.”*

- God doesn’t keep secrets about the Sabbath and leaves no doubt in our minds as to it being His day and He wants us to adhere to its precepts.

**Isaiah 58:13-14** – *“If you keep your feet from breaking the Sabbath and from doing as you please on My holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.”*

- Here God is promises joy to the people if they will keep the Sabbath with the right attitude – they are to delight in it.

**(+2 min)**

5. How would you describe the significance of God *blessing* and *making holy* the seventh day?

- It should demonstrate to us that it is indeed His day and we are wise if we observe it in the pattern He demonstrated to the man and woman.

**(+2 min)**

**Application 4:** What might you do to improve the way you observe this seventh (Sabbath) day the Lord has blessed and made holy? What priorities might you need to change?

**(+1 min)**

**Day 5: The Sabbath. – Read Genesis 2:1-3**

1. From what you have studied regarding the seventh day, what should be our attitude for worship?

- **Attitudes toward Worship – John 4:20-24**, *“Our fathers worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.” Jesus declared, “Believe Me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and His worshipers must worship in spirit and in truth.”*

- Here are some improper attitudes to have toward worship:
- Purpose: Examine several attitudes that people take toward worship and what our attitude should be.
- **Improper Attitude 1: Attending in order to “punch one’s ticket.”**
- There are many who believe that as long as they show up on Sunday mornings they are faithful Christians. To these people, religion is a one-day-a-week thing. Some simply come to take communion; not realizing that communion is no more important than any of the other acts of worship. They forget that Christianity is a way of life.
- **(+2 min) Improper Attitude 2: Attending worship for one’s own personal gain.**
- There is a dangerous doctrine being taught by some denominations that says if you worship God you will be blessed with great physical wealth. If we come to worship to obtain physical wealth, we come with the wrong attitude.
- **Improper Attitude 3: Attend services in order to be entertained.**
- In today’s world people are use to being entertained; they’ve come to expect to be entertained. Many congregations have given in to gimmickry in order to bring in visitors. Should this be the reason that we come to worship God? Should the preacher try to entertain us? The men present on the day of Pentecost were not entertained but pricked to the heart (Acts). The word of God is called a two-edged sword (Hebrews). Should the singing entertain us? We should sing for the purpose of praising God (Ephesians). We should sing for the purpose of teaching and admonishing each other (Colossians 3:16). Christ should be what draws us to worship (John). If we come to worship to be entertained, we come with the wrong attitude.
- **Improper Attitude 4: Some attend services simply because their family has always attended.**
- They don’t love God, want to study his word, or worship him. They’ve simply taken on their family’s religion. Your family is not going to get you to heaven (2 Corinthians 5:10). Salvation is an individual thing. If we attend simply because our family has always attended, we are not attending with the wrong attitude.
- **(+2 min) Some Proper Attitudes Towards Worship:**
- **Proper Attitude 1: Reverence**
- **Ecclesiastes 12:13** – *“Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the whole duty of man.”*
- **1 Peter 2:17** – *“Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king”*
- **Job 38:4** – *“Where were you when I laid the earth’s foundation? Tell me, if you understand”*
- **Proper Attitude 2: Humility**
- God despises show-offs in his church. The Bible tells us that we are to humble ourselves before the Lord (James 4:10). We should strive to be like the publican and unlike the Pharisee (Luke 18:9-14).
- **Proper Attitude 3: In Remembrance**
- In a sense, worship is like a funeral. We come together to remember Christ and all he did for us (1 Corinthians 11:24-25). We remember his death, burial, and resurrection (1 Corinthians 15:1-4).
- **Proper Attitude 4: In Obedience**
- We must worship him according to his divine instructions in order to please him. If we do not, we are not showing him respect. We are saying that we know better than him how we should serve him. This is one of the hardest ideas for the denominational world to understand. Man-made worship is described as vain (1 John 5:3).
- **Proper Attitude 5: In Faith**
- Without faith it is impossible to please God (Hebrews). Hope is our anchor, and faith is the cable that holds us to that anchor (Hebrews).

- **Proper Attitude 6: We must attend worship because we love God and want to please Him**
- Not because our family attends. Not because we want to be entertained. Not because we want material gain. And not because we feel we must “punch our ticket”.

**(+3 min)**

2. Read Psalm 150:1-6 and count the number of times "*praise him*" or "*praise the LORD*" are mentioned. What does this tell you about **who** is to be the focus our worship?

- *Praise him* = 9 times
- *Praise the LORD* = 3 plus a *Praise God* = 1 time

**Psalm 150:1-6** – *“Praise the LORD. Praise God in his sanctuary; praise Him in his mighty heavens. Praise Him for his acts of power; praise Him for his surpassing greatness. Praise Him with the sounding of the trumpet, praise Him with the harp and lyre, praise Him with tambourine and dancing, praise Him with the strings and flute, praise Him with the clash of cymbals, praise Him with resounding cymbals. **Let everything that has breath praise the LORD. Praise the LORD”***

- When we come to worship on Sunday mornings, our focus should be on God.
- Worship is not about us but about Him.
- About who He is, what He has done, we are to be awe struck by His holiness, magnificence, majesty, glory, and might.

**(+1 min)**

3. Why should we worship? See 1 Chronicles 16:29.

**1 Chronicles 16:29** – *“ascribe to the LORD the glory due His name. Bring an offering and come before Him; worship the LORD in the splendor of His holiness.”*

- This was a command to worship the LORD.
- Worship refers to the supreme honor or veneration given either in thought or deed to a person or thing.
- The Bible teaches us that God alone is worthy of worship (Psalm 29:2), but it also sadly records accounts of those who worshiped other objects.
- Among those were people (Daniel 2:46), false gods (2 Kings 10:19), images and idols (Isaiah 2:8 and many other references), heavenly bodies (2 Kings 21:3, Satan (Revelation 13:4), and demons (Revelation 9:20).
- It is indeed tragic that many worshiped gods they could carry and not the God who could carry them. God Almighty alone is worthy of worship, Revelation 4:11 – *“You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.”*

**(+2 min)**

4. What would you say were the primary elements of worship (see John 4:24, Acts 2:40-47)?

- True worship involves at least three elements:
- **First**, worship requires reverence.
- This includes the honor and respect directed toward the Lord in thought and feeling.
- It is one thing to obey a superior unwillingly; it is quite another to commit one’s thoughts and emotions in that obedience.

- In John 4:24, Jesus said that those who worship God must do so “in spirit and truth.”
- The term *spirit* speaks of the content of worship God is pleased when we worship Him, understanding His true character.
- **Second**, worship includes public expression.

**Acts 2:40-47** – *“With many other words he warned them; and he pleaded with them, “Save yourselves from this corrupt generation.” Those who accepted his message were baptized, and about three thousand were added to their number that day. They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved”*

- Meeting together as is described in Acts. At that time the church had to meet in homes but the people came together to express their faith.
- **Third**, worship means service.
- Worship especially includes the joyful service with Christians render to Christ their Master.
- The concept of worship *must not* be restricted to church attendance, but should embrace an entire life of obedience to God.

**(+4 min)**

**Application 5:** When you go to church on Sunday, what will you apply from this lesson to your worship experience?

**(+1 min)**

### Closing Comments

- In summary, it seems if God rested on the seventh day, it is wise for us to devote one day in seven to Him.
- We have discussed attitudes for worship.
- There are right and wrong attitudes as our lesson has asked us to discover.
- Our worship is to be reverent, we are to come in humility, we are to have obedient hearts, to exercise our faith and expect it to grow but the most important purpose for worship is because we love God and want to please Him.
- You see, it is true what Pastor Malcolm said in his very first sermon on Genesis, “It’s all about Him!” It’s not about me!
- How will you prepare yourself for coming to worship on Sunday?
- Some come because “it’s what they do” or “our family has been attending here for years” or “they need to punch their ticket” or “they want to be entertained with good music” and the list goes on...
- We need to pray the Holy Spirit will help us remember that it’s all about Him and that we need to come in reverence to the One we worship.

**(+3 min)**

### Closing Prayer

**(+1 min)**

---

<sup>1</sup> Barnes Notes “Genesis,” by James G. Murphy, reprinted from the 1873 edition, pages 72-73, ISBN 0-8010-0835-2

<sup>2</sup> “The Expositor’s Bible Commentary,” Zondervan Interactive Software, Zondervan Publishing House, version 6, 1998.