



## In the beginning God.... Study Lesson Week 5

### Week's Aim: 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?
2. What are some things the phrase “*God rested*” does not mean (2:2)?
3. What two declarations did God make regarding this day (2:3a)?
4. Man and woman were created late in the sixth day, so what would be special about this day for them?
5. What do you learn about the person of God from these three verses (2:1-3)?

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

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

1. Write definitions for the words “complete” and “completed.”
2. Using the above definitions, how would you paraphrase “*the heavens and the earth were completed?*”
3. What do you think the words “*in all their vast array*” mean?
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.

**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.

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

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

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

1. What does "bless" or "blessing" mean (use dictionary)?
2. From the definition above, try to name at least three elements of a blessing.
3. What does it mean that God *blessed* the seventh day? How does one bless time?
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.
5. How would you describe the significance of God *blessing* and *making holy* the seventh day?

**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?

**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?
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?
3. Why should we worship? See 1 Chronicles 16:29.
4. What would you say were the primary elements of worship (see John 4:24, Acts 2:40-47)?

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