

"Humans Created for Rest and Work"

Genesis 2:1-17

For the week of October 18, 2020

What's the Difference?

Chapter 2 is a second creation account only that it gives a more detailed explanation. While chapter 1 provides a general description, chapter 2 is specific. Key themes given in this chapter include:

- Completion of creation
- Adam and Eve
- Rest
- Work
- The first marriage

Rest

The origin of the Sabbath goes back to Creation. After creating the heavens and the earth in six days, God "*rested on the seventh day from all his work that he had done*" (Genesis 2:2). Let's look into what it means to "rest."

Read Genesis 2:1-3.

What does it mean that God rested on the seventh day? Discuss each of the options below. Agree or disagree? Explain your reasoning.

Does rest mean that...?

- a) God was tired and needed a rest.
- b) God simply stopped what He was doing.
- c) God ceased from His labors.
- d) God used the example of His resting on the seventh day to establish the principle of the Sabbath day rest for His people.

How can Jesus be our Sabbath rest (read Matthew 12:8; John 10:3, 27)?

Many elements of the Sabbath symbolized the coming of the Messiah, who would provide a permanent rest for His people. The Old Testament Law saw the Jews constantly trying to make themselves acceptable to God. There were many do's and don'ts. They couldn't keep all the laws, so God provided many sin offerings and sacrifices so they could come to Him for forgiveness and restore fellowship with Him. This was at best a temporary solution. Hebrews 10:1 tells us that the law "*can never, by the same sacrifices that are continually offered every year, make perfect those who draw near.*" But the sacrifices were offered in anticipating the ultimate sacrifice of Christ on the cross.

Read Hebrews 10:5-14. How did Jesus "rest" after His sacrifice (Hebrews 10:12)? Because of what Jesus did for us, how does this impact us? How do we "rest in God?"

"Enter in"

Now read Hebrews 4. It is the definitive passage about Jesus as our Sabbath rest. How does a person "enter in" to the Sabbath rest provided by Christ? Share from your personal experience how you have entered the Lord's rest.

Jesus' Perspective on the Sabbath

Read the story about Jesus and the Sabbath in Mark 2:23-28. If the Sabbath is for the benefit of mankind – and if the Son of Man is Lord over all mankind then what does this say about Jesus? Does this change your view of the Sabbath and the rest provided by Jesus?

Creation of Man & Woman

Read Genesis 2:4-17.

Reread Genesis 2:7. How do you interpret this verse, especially when it says that God "formed" man and "breathed" life into him? Why is it important that God was directly involved in the shaping of the physical, mental, and spiritual being of man?

Which is more feasible – creation of man by God or the evolution of man? Explain your answer!

As a follow up: Why does it take more faith to believe in evolution than in creation by God?

Let's suppose you wanted to make a human body, ok? What would be needed? You would need:

58 pounds of oxygen
50 quarts of water
2 ounces of salt
3 pounds of calcium
24 pounds of carbon
Some chlorine, phosphorous, fat, iron, sulphur, and glycerin

There's only one problem: the instructions! The human body is so complex that no one can comprehend more than a fraction of its composition and functions. For example, a piece of skin the size of a postage stamp required 3,000,000 cells; a yard of blood vessels, four yards of nerves; 100 sweat glands, 15 oil glands, and 25 nerve endings. Does this sound like the forces of evolutionary chance occurring?

Trees

Trees were clearly mentioned in verse 9. What was the purpose of each?

- "Trees that is pleasant to the sight and good for food"
- "Tree of life" (see Genesis 3:22)
- "Tree of the knowledge of good and evil"

Why didn't God just eliminate the tree of good and evil? Think about it...things would have been so much smoother! What was the reason that God gave man a choice?

Work + Trust

Verses 15-17 reveals Adam was given a specific task and sacred trust. What were they?

God saw to it that Adam had work to do, yet it was delightful work. Why is work important and why is idleness to be avoided?

Share in your group your experiences with work, both good and bad.

Prayer

Spend time thanking God for His creation, for His love for you and how he has provided us rest through the work of Jesus on the cross.