

## Family Discipleship Resource

August 18-24  
(Genesis 2:1-3)



### **G** – Gather for Prayer

*Father,*

*Thank you for setting an example for me in resting on the seventh day. Make me to rest in You.*

*In Jesus' Name, Amen*

### **R** – Read the Text (Genesis 2:1-3)

*“Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”*

### **O** – Observe what God has said

***Why does God rest on the seventh day?***

***Why do you think God believes it is important for His people to rest?***

### **W** – Work on Application

Ultimately, this passage reveals that God in His sovereignty gifted a day of rest to the human race as a reminder of His power and glory. As God is depicted as reflecting, resting, and spending time in reverence on this day—so too should the people of God set aside time to reflect on what He has done, rest in knowing that God is ultimately in control, and seek Him in reverence. To neglect the Sabbath is to neglect God’s prescribed schedule and strive to live outside of one’s created potential.

***What are some practical ways that our families can pursue rest/sabbath in our lives in compliance with God’s plan for our lives?***

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Family Weekly Memory Verse: *“and He rested on the seventh day from all His work which He had done.”-*  
Genesis 2:2