

# RHYTHMS:

Cultivating Spiritual Habits of Devotion

JULY 3 | 410 CAMPUS



## GENESIS 2:1-3

### Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



### Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

### Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

## REFLECT/CONNECT

- How did your prayer life change this last week, and what difference did it make?
- How would you define "rest"?
- What things, practices, or experiences put you at rest?

## GROW IN THE WORD

The author highlights the significance of the seventh day of creation, in which God completed His work and rested.

- How would you describe the relationship between work and rest in these verses?
- For what reason did God rest, and why does it matter? See also Isaiah 40:28-29 and Exodus 20:8-11.
- What does this type of rest require of us?

God blessed the seventh day and sanctified it because in it He rested from all of his creation work.

- What does it mean that God "sanctified" the seventh day? Look up the word using a Bible dictionary or an online tool such as <https://netbible.org/>.
- Multiple times in three verses, God's work is described as having been completed or finished. How does this inform your understanding of the way in which God rested?





## GROW IN THE WORD

Cultivating a habit of rest can yield needed replenishment and deepen our connection to God.

- How might our approach to "rest" reveal what we truly love and worship?
- What lies might you believe that keep you from practicing rest on a regular basis?
- What must you do to establish better rhythms of rest in your life?

A cosmic background image featuring a deep blue and black space filled with numerous small, bright stars and nebulae. The colors transition from dark blue on the left to a lighter, more vibrant blue on the right, with streaks of orange and yellow light suggesting distant galaxies or star formations.

# NOTES

Use this page for sermon notes, prayer requests, or additional notes on the passage from your study.