



Lesson Two: The God Who Rests
Genesis 2:1-3; Exodus 20:1-3, 8-11; Matthew 11:28-30
Robby Higginbottom | June 17, 2025

Genesis 2

¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished His work that He had done, and He rested on the seventh day from all His work that He had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that He had done in creation.

Exodus 20:1-3, 8-11 (See also Deuteronomy 5:12-15)

¹ And God spoke all these words, saying, ² "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

³ "You shall have no other gods before Me....

⁸ "Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Matthew 11:28-30

²⁸ "Come to Me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke is easy, and My burden is light."



Scan QR code to register for Tuesday Morning Men's Bible Study.

Discussion Questions:

1. Do we tend to have a positive or negative view of work? of rest?
In Genesis 1 and 2, God reveals Himself as a God who works *and* a God who rests.
How should this picture shape our views of work and rest?
2. Why do we need rest? If we refuse it, what happens to us and to our work?
3. Why do we struggle to rest? (Think of external and internal pressures.)
4. How does our culture relate to Sunday? How have we conformed to the culture?
5. What does the Sabbath (or Lord's Day) teach us about the Lord and about us?
How does weekly rest help us live inside God's story instead of some other story?
6. What perspective do we need so that we see rest as a gift and not a burden?
7. How does Jesus reframe our pursuit of rest (Matt 11:28-30)?
How are we resisting His invitation? How are we responding to His invitation?

Resources for further study:

- Dan Doriani, *Work: Its Purpose, Dignity, and Transformation*
- Tim Keller, *Every Good Endeavour: Connecting Your Work to God's Work*
- theologyofwork.org

Upcoming Opportunities:

- Tuesday Morning Men's Bible Study – June 10 through July 15, 7:00-8:00 am
- Men's Solitude Saturday – June 28, 9:00-11:30 am, Grand Hall