

NECESSARY REST

July 5th, 2026

Foundations // Genesis 2:1-3; Exodus 20:8-11

Message Context

God created mankind for a healthy rhythm of work, worship, and rest. In Genesis 2, God rested on the seventh day, not because He was tired, but because His work was complete, good, and satisfying. He blessed and sanctified the seventh day, establishing rest as part of His good design for His creatures. While Christians are not bound to the old covenant Saturday Sabbath in the same way Israel was, the creational principle of rest remains. Rest reminds us that we are creatures, not the Creator; it reorients us toward worship; it exposes our longing for the rest sin has disrupted; and it ultimately points us to Christ, who alone gives rest for weary souls.

CONNECT – Announcements (page 2) & Building Relationships

1. What is something that helps you feel rested: sleep, silence, a day off, time outside, worship, vacation, or something else?
2. Growing up, what did your family, church, or culture communicate about work and rest? Where do you see our culture struggling to rest today?

REFLECT - Out of the Word and Into Our Lives

3. **Read Genesis 2:1-3 and Exodus 20:8-11.** What stands out to you most from a fresh reading of these passages, and is there anything from the message that you want to be sure we don't miss as a group?
4. Genesis 2 says that God rested on the seventh day. Why is it important to understand that God did not rest because He was tired or inactive?
5. Pastor Avery said God's rest was a rest of completion, satisfaction, and enjoyment over His creation. How does that help us understand the goodness of rest?
6. The sermon said, "Rest is not an escape from God's design. It's part of God's design." How does that challenge the way you normally think about rest?
7. God worked for six days and rested on the seventh. What does this creation pattern teach us about both the goodness of work and the goodness of rest?
8. Pastor Avery said that rest reminds us we are creatures, not the Creator. Why do we need that reminder?
9. Why can refusing to rest become a form of pride? What are we functionally saying to God when we live as though we do not need rest?
10. In Exodus 20, the Sabbath command is rooted in God's creation pattern. How should Christians think about the difference between the old covenant Sabbath and the ongoing creational need for rest?

11. The sermon emphasized that rest is worshipful. Why is true biblical rest more than simply stopping work or doing nothing? How does corporate worship help restore and reorient our souls toward God?
12. Pastor Avery said, “Don’t divorce your rest from God.” What are some ways our leisure or downtime can become self-serving rather than worshipful?
13. **Read Genesis 3:17-19.** How did the fall affect both work and rest? Why do vacations, days off, hobbies, success, retirement, or comfort never fully give us the rest we long for?
14. **Read Matthew 11:28-30.** What does Jesus promise to those who are weary and heavy laden? What does it mean to rest in the finished work of Christ rather than trying to work our way back to God?
15. **Read Hebrews 4:9-11.** How does the promise of final rest encourage believers who feel weary now?

♡ **PROTECT – Care for one another (divided, gender-specific groups)**

16. Where are you most weary right now: physically, emotionally, spiritually, relationally, or vocationally?
17. Where is one area God may be calling you to receive His good gift of rest this week — physically, spiritually, emotionally, or relationally?
18. What is one tangible step you can take this week to rest in a way that is worshipful and obedient — protecting a Sabbath rhythm, putting away work, prioritizing worship, simplifying your schedule, or intentionally resting in Christ? Name it specifically so the group can pray and follow up.

Pray that God would help each person admit their creaturely limits, receive His good design for work and rest, repent of pride and self-reliance, and find true rest in the finished work of Jesus Christ.

Announcements

Worship Night: August 28 at 7pm – Our Director of Worship, Selena Boyts, is planning an evening of worship. Save the date – more details to come.

No Life Groups Next Week (July 13th – 19th) – Enjoy the break and encourage your group to come to Bible Camp.

Emerald Crossing Summer Bible Camp: July 12th – 16th – For Ages 2 and up! nvf.life/kidscamp

Resources for Going Deeper

- [Should Christians Keep the Sabbath? | Desiring God](#) – Good discussion on the 4th commandment.
- [Sabbath: An Enduring Principle For the Soul](#) – Good article on the principle of taking a weekly rest.
- Meditate on these Scriptures: **Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-15; Matthew 11:28-30; Mark 2:23-28; Colossians 2:16-17; Hebrews 4:1-11; Revelation 14:13; Revelation 21:1-5**