

**Day One: Genesis 1:1—2:3**

- Describe the universe “in the beginning” (1:1-2). What were some of the first things to come forth on Earth (3-10)? What did the land begin to produce (11-13)? What happened in the sky (14-19)? Describe the creation of animals (20-24).
- Why do you think the author chronicles the origin of earth in this poetic way? Why do you think God saw all of creation thus far as “good”? What one word would you use to describe his work?
- Describe God’s creation of humans (26-27). What did God do for and say to them (28-30)? How did God conclude his work of creation (1:31-2:1)? Note the ways his creation of humans stands apart from his other creativity. What does this mean for you?
- When God finished the work of creation, what did he do (2)? Describe his blessing of rest (3). When you treat rest and appreciation of God’s “very good” creation as holy and worthwhile, how does it impact you? Pray its fruitfulness multiplies in your life.

**Day Two: Deuteronomy 6**

- What did God direct Moses to do (1)? Why (2-3, 18-19)? Compare these opening verses to Hebrews 4:1. In what ways does the physical Promised Land point to the “rest” described in Hebrews?
- What is God’s primary command (4-5)? What impact should his commands make on both individuals and groups (6-9)? Note the communal nature of following God. What challenge does this present to you, especially as it relates to observing the Sabbath?
- Describe Moses’ picture of entering the Promised Land (10-11). How does it make you feel? Summarize all that the people should “be careful” to do (12-18). Reflect on the amount of obedience God requires. Do you think this is instructive for how we ought to conduct our lives in order to experience God’s rest? If so, how?
- What direction does Moses give for the future (20-25)? If someone were to ask you why Sabbath rest is important, what would you say? Does your lifestyle convey its importance?

**Day Three: Matthew 6:19-24**

- What happens to earthly treasures (19)? What should we pursue instead (20)? Why (20-21)? What exactly are “heavenly treasures,” and how does “storing them up” lead to God’s rest?
- In verse 21, Jesus is telling us that what we invest in - with time, money, mental energy and other resources - is what will capture our hearts. Where do you invest the bulk of these resources? Ask the Lord for divine insight. If you sense a re-prioritization is in order, pray God would bless the imperfect process, and that it’d feel celebratory and refreshing.
- Summarize the metaphor Jesus describes in verses 22-23. Having an unhealthy eye is akin to pursuing the wrong treasures: it darkens the entire person. What do you think of this? How else does Jesus explain the threat materialism poses to receiving God’s rest (24)? What change is this passage inspiring to make, and what is the first step you will take to walk it out?

**Day Four: Matthew 11:28-30**

- Whom is Jesus addressing (28)? What does he tell them to do (28)? What happens when the weary and burdened come to him (28)? In exchange for one's burdens, what does Jesus want to give (29)? Why is this a worthwhile exchange (29)? What does Jesus claim is easy and light (30)?
- Why do you think Jesus uses a yoke – a farming image – to explain his role as burden-bearer? What sort of imagery do you think would be more relevant today? How would you describe to a non-believer what it means to trade the world's yoke for Jesus'?
- What burdens of the world – especially self-imposed ones you should've resisted – weigh you down? Pray for power and grace to leave them at the Lord's feet. Remember: Jesus is "gentle and humble in heart" and longs to "give you rest;" receive his love and care now. May you point others toward this supreme rest.

#### **Day Five: 1 John 2:15-17**

- What should we not love (15)? What is the consequence of loving the world, and where do you see this at play today (15)? What "love for the Father" is evident in your own life and the lives of others? How does this love help you to enter into God's rest?
- John then describes what he means by "the world;" summarize his explanation (16). Where do these things come from (16)? How do lust, greed and pride interfere with our ability to enter into God's rest? Pray for power to resist these temptations. If warranted, repent. Then, ask God for heaven-sent love and desire. As you confess and pray, what is the Holy Spirit speaking to you?
- Contrast "the world and its desires" with a life of obedience to God (17). By following the Lord, an eternal Promised Land awaits us, and thanks to Sabbath rest, we can get a taste of it now! We find life in the arms of God's restorative rest; it's where we belong. Pursue it, celebrate it and make room for others to join in.