**Genesis 2: 1-3: ‘Ceasing and sanctifying: Gods sabbath rest’**

1. In Genesis 2:2, God “rested” from all his work. What does this teach us about the importance of ceasing from activity, and how does that contrast with our culture’s tendency toward constant busyness?
2. God did not rest because he was weary but to set an example. What might this example mean for how we approach our work, rest, and dependence on him?
3. Verse 3 says God *blessed* the seventh day and *sanctified* it. What does it mean for a day to be “made holy” and how does that affect how we view time itself?
4. In what ways can ceasing (Sabbath rest) become not only a pause from work but also an act of worship and trust in God’s provision?
5. How does the act of God setting apart the seventh day shape our understanding of ‘sacred’ vs ‘ordinary’ rhythms in life?
6. Looking at this passage, how might we practically integrate the principles of ceasing and sanctifying into our weekly rhythms so that ‘sabbeth-ing’ becomes a way of life and not just a ‘day off’?