

10-MINUTE BIBLE LESSON

Relax and Enjoy

Genesis 2:1-4a

Before watching the video: what do you believe about how the universe began? What did you learn in science classes or in a religious tradition? If you've ever heard about, been taught about, or read Genesis 1, what have you believed or assumed it says or means?

Now read the passage twice. Take your time to notice every sentence and phrase. What stands out to you?

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

These are the generations of the heavens and the earth when they were created. –
Genesis 2:1-4a

What comes to mind when you hear the word “Sabbath?” Do you believe you're able to take actual Sabbath time, or do you find it difficult to do?

When this passage says that God rested, it doesn't mean that God was tired and needed a break. Instead, the word for “rest” means that God took time to sit back and enjoy what God had created. What are ways you take time to enjoy God's creation, whether family, nature, quiet time, or something else? What's one thing you could do even this week to enjoy God's creation more?

Conclude in prayer. Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with “amen.”

