

Message Notes

March 24, 2024

Origin Story: A Study in Genesis
Rest (Gen 2:1-2:3)
Brian Schwarberg

◆ Genesis is the origin story of who _____ is and who _____ are.

God's Rest:

- ◆ The 7th day (rest) is the _____ of creation.
- ◆ *Shabbat* = _____.
- ◆ *Nuakh* = _____. Ex. 20:11; 2 Sam. 7:1
- ◆ God _____ creating and _____ to take his rightful place as the ruler of everything he created.
- ◆ Holy = _____.

Sabbath is an Invitation:

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy. Exodus 20:11

- ◆ To observe the pattern of _____ and _____ in creation.
- ◆ To _____ that God has “settled in” and is in _____.

Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the LORD your God has commanded you to observe the Sabbath. Dt. 5:15

- ◆ To remember our _____.
- ◆ To be set apart from the _____.
- ◆ To rest in _____. Mt. 11:28-30; Mk. 2:27
- ◆ To God's rest – a _____ reality & _____ hope. Hebrews 4
- ◆ Have you _____ His Sabbath rest? Have you accepted the invitation and gift of _____ Sabbath?

Sabbath Tips:

To access our Sabbath Guide, scan the QR Code or text “guide” to 217.546.4818:



1. Start where you are.
2. Put it on the calendar.
3. Establish a beginning and ending.
4. Prep and plan.
5. Eat special food.
6. Games/Movies.
7. Speak life-giving words.
8. Make a plan for technology.
9. Invite friends.

4 Characteristics to Include in Practicing Sabbath:

1. Stop. 2. Rest. 3. Delight. 4. Remember