

**Conversation Title:** Intentional Rest

**Series:** *The (Divine) Creative Process*

**READ/LISTEN:**

Genesis 2:1-4 NKJV / 1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. 4 This is the account of the heavens and the earth when they were created, when the Lord God made the earth and the heavens.

**REFLECT:**

Read the passage again. Focus on any words, phrases, themes, or memories God is drawing you into. Feel free to sit in this as long as desired or join in discussion.

**DISCUSS:**

What stood out in the passage above? How might it impact your personal or professional life? Are there specific examples you'd like to share?

**The Gist:** Why did God rest after creating? The Creator was neither limited by time nor drained by effort, yet chose to rest. Why? Genesis 2:1-4 tells us that after completing His creative work, God rested, blessed the seventh day, and made it holy. This act wasn't about recovery; it was about setting an example and establishing principles that are vital to our lives. It teaches us that rest is a culmination of creation, a model of sacred rhythms, an act of renewal, and a demonstration of trust and true relationship.

**GO:**

What is one way you (or the group) could apply this teaching in your life? Once discussion is over, pray for one another and go with God.

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*"When you abide with God in Sabbath, an unshakable confidence shines from the inside out, enticing others toward the gift of rest as well."*

— Shelly Miller, *Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World*

**READ:** [The Connect Between Creativity And Sabbath Rest by Anita Ojeda](#) (2 min)

**WATCH/LISTEN:** <https://www.instagram.com/creativeschurch/reel/C-9u877Bgmp/> (<1 min)