



deovox group study guide

Time to take a break: Genesis 2.1-3

1. What do you do on Sunday? Discuss the variety of activities done on Sunday. Is Sunday a day of rest? Is shopping in Tesco a meditative act? How do you respond to the idea that shopping in Tescos (a large supermarket chain) is an act of meditation?

2. *The order God has created in the physical world is mirrored in the moral one.* Is this true? If so, in what sense is it true?

3. *The Sabbath was made for man, not man for the Sabbath.* These are Jesus' words in the gospels. What do they mean? How are they applied in your life? Look up Matthew 12.8-12; Mark 2.27-28; Luke 13.15-17; John 5.15-17; John 9.15-17; Hebrews 4.8-10.

4. **Stress.** What is the effect of stress on our lives? Our relationships? Our spiritual lives? What can we do to combat stress and its effects?

5. **Creation ends on day seven, not day six.** What have you learnt from the passage regarding the Sabbath, and how to observe it? Is the Sabbath a gift, or are there consequences that come from ignoring it altogether?