

Beginnings #4  
January 30, 2022  
Genesis 2:1-3

**1.** “Hurry is the great enemy of spiritual life in this day.” - Dallas Willard

\*\*When was the last time you felt rested?

\*\*Be honest - do you regularly slow down for the sake of your spiritual life?

\*\*If you do: How has that practice influenced your relationship with God?

\*\*If you do not: Do you believe that it is important to slow down?

**2.** Drew mentioned that God blesses three things in the first story of the Bible, and they all have to do with life giving things. The animals and humans are blessed and called to be fruitful and multiply. The third thing he blessed was the Sabbath. The implication that stopping from your work can be fruitful and life giving.

\*\*Have you viewed rest as a waste of time?

\*\*Why do you think resting can actually lead to more life?

**For further discussion:** Cortisol is the “stress” hormone that your body produces to enhance your natural “fight or flight” response. When your brain releases this hormone, adrenaline is released which raises blood pressure to pump oxygen to your body faster, and make extra energy available. Living in a constant state of busyness and stress can cause your body and brain to be in this state far too often. Drew called this, “hurry sickness.”

\*\*Have you experienced your body’s fight or flight response?

\*\*Have there been moments/days/weeks when you have lived in this state?

**3.** In Hebrew, Sabbath means to cease or stop. God ceased his creating and work on day seven to model a healthy rhythm for us to follow.

\*\*What did you think Sabbath was before hearing this definition?

**4.** Drew stated that a Sabbath is not a day off. In the U.S., our workweek is designed to be 5 days, with 2 days off. And yet our culture constantly calls us to do extra stuff with those days. In fact, it is a badge of honor to respond to, “how are you?” with, “busy!”

\*\*Have you been sucked into this busy culture?

**5.** In order to begin a healthy rhythm of Sabbath, you may have to give up something that you think is good for something better.

\*\*What can you give up or shift around so that you can rest in God’s presence?

\*\*Can you actually implement this plan?