

Discussion Guide

The 7th Day
February 15, 2026

PART 1: RECAP. HAVE SOMEONE READ THIS OUT LOUD.

Last week we spent our time together reading through the creation story in Genesis 1. From there, we looked at how we are created in God's image and how we should live our own lives in light of the creation story. Now, we are moving into Genesis 2. In our passages this week, we are focusing on Sabbath. Sabbath, a day set aside for rest each week, is a command from God that we can still be blessed by today if we follow it.

- What would your perfect day off look like? What sort of things would you do to fill your time?

PART 2: HAVE SOMEONE READ GENESIS 2:1-3, EXODUS 20:8-11, AND DEUTERONOMY 5:12-15 OUT LOUD. ANSWER THESE QUESTIONS AS A GROUP.

- How is the creation related to the Sabbath? How is the deliverance from slavery related to the Sabbath?
- Why do you think the first full day of human existence was a Sabbath? What does this tell us about who God is? What do you learn about the human experience from that?

Flip for more. →



PART 3: REFLECT. ANSWER THESE QUESTIONS TOGETHER.

- What has your experience with Sabbath been? Share your initial thoughts and feelings when you think about Sabbath.
- What are the hardest things for you to say no to on the Sabbath?
- In what ways is Sabbath different from just another day off? How can you set Sabbath apart from the rest of your week?
- What needs to change in your life in order to set aside time for Sabbath each week?

KEY VERSE:

Genesis 2:3

God blessed the seventh day and declared it holy, for on it he rested from all his work of creation

NEXT STEPS:

- I am thankful that God cares enough for me to give me this command.
- I will spend one day a week on things that recharge me rather than things that consume me.
- Count me in on the “Six Week Sabbath Challenge” – I will set aside one day a week for the purpose of rest, relationships, and worship.

