

Back to the Beginning: Genesis Session 10 Review and Study Guide

We are continuing our slow journey through Genesis, but the Lord has kept us in a New wonderful Testament passage for several weeks now—Hebrews 3–4 and its explanation of the true Sabbath rest that belongs to every believer. This session ties everything back to the original creation rest in Genesis 2 and shows how Christ has become our perfect rest and dwelling place. Open your Bible, grab the notes, and let's dig in together.

Lesson Objectives

- Understand how the Sabbath rest of Genesis 2 points forward to the greater rest we have in Christ.
- See that the Christian life is not powered by self-effort (“dead works”) but by Christ living in and through us.
- Grasp that believers today are the temple of the living God—individually and together.
- Learn to rest daily in Christ's finished work while joyfully serving Him out of gratitude.

Part 1: From Creation's Rest to Christ's Rest

In Genesis 2:1–3 God finished His work of creation, rested on the seventh day, blessed it, and made it holy. That seventh-day rest became the pattern for Israel's Sabbath. But the Pharisees turned it into a crushing burden of extra rules.

Jesus shocked them by declaring, “The Sabbath was made for man, not man for the Sabbath” and “The Son of Man is Lord of the Sabbath” (Mark 2:27–28). The God who instituted the Sabbath has the authority to fulfill and transform it.

The writer of Hebrews explains that the true Sabbath rest God always intended is not a 24-hour day but a person—Jesus Christ. Hebrews 4:9–10 says there remains a Sabbath rest for the people of God, “for the one who has entered His rest has himself also rested from his works, as God did from His.”

Just as God ceased from creating on the seventh day, we cease from trying to earn God's favor. Our salvation and our daily Christian life are received by faith, not achieved by striving.

Reflection Questions

- Why was the original Sabbath a shadow that pointed to something (Someone) greater?
- What does it mean practically to “rest from our works” as God rested from His?

Part 2: Dead Works vs. the Life of Christ in Us

Even as believers we still battle the flesh—the “old man” that wants to do things in its own strength. Hebrews 9:14 calls these efforts “dead works.” They can even look good on the outside (church attendance, giving, serving), but if they spring from self-effort instead of dependence on the Spirit, they are still dead.

Scripture is full of promises that God Himself will work in us:

- Philippians 2:13 – “It is God who works in you both to will and to do for His good pleasure.”
- Hebrews 13:21 – God “equips you...working in us that which is pleasing in His sight.”
- Galatians 2:20 – “It is no longer I who live, but Christ lives in me.”
- John 15:5 – “Apart from Me you can do nothing.”

The Christian life is not mainly imitation of Jesus; it is participation—letting Christ live His life through us by the Holy Spirit. This is the secret of true rest.

Reflection Questions

- What are some “dead works” you’ve tried to offer God even after you were saved?
- How does trusting that “Christ lives in me” free you from performance-based Christianity?

Part 3: You Are God’s Dwelling Place Right Now

God’s great desire from the very beginning has been to dwell with His people.

- In Eden He walked with Adam and Eve in the cool of the day.
- In Israel He dwelt in the tabernacle and later the temple.
- Now, under the New Covenant, everything has changed:
 - 1 Corinthians 3:16 – “You (plural) are God’s temple and God’s Spirit dwells in you.”
 - 1 Corinthians 6:19 – “Your body is a temple of the Holy Spirit who is in you.”
 - 2 Corinthians 6:16 – “I will dwell in them and walk among them.”

- Ephesians 2:21–22 – We are being “built together into a dwelling place of God in the Spirit.”
- Matthew 18:20 – “Where two or three are gathered in My name, there I am in the midst.”

When you walk into the grocery store, you are a walking temple of the living God. When we gather as a church, Christ is present in a special way among us. This is not just doctrine—it is present reality.

One day Revelation 21:3 will be perfectly fulfilled: “Behold, the tabernacle of God is among men, and He will dwell among them.” But even now, in this broken world, that dwelling has already begun in us.

Reflection Questions

- How should the truth “I am God’s temple” affect the places you go and the things you watch or say?
- When you gather with even one or two other believers, how does knowing Christ is present change the conversation?

Part 4: Living the Rested Life

Resting in Christ does not mean laziness. It means:

- Ceasing from self-effort to earn God’s love (you already have it in Christ).
- Depending daily on the Holy Spirit to produce both the desire and the power to live for God.
- Serving, loving, and obeying out of gratitude and overflow rather than guilt or fear.

You don’t have to constantly examine every motive (“Was that flesh or Spirit?”). That can become another form of works. Simply trust Christ with your life the same way you trusted Him for salvation—then get up and love the people around you with the love He gives.

Study Exercises

- Read Hebrews 4:1–11 slowly. Underline every occurrence of “rest” and “today.”
- Memorize and meditate on one of the “Christ in you” verses listed above.
- List three ordinary activities this week (work, shopping, driving) and remind yourself, “I am God’s temple in this moment.”
- Read John 15:1–11 and Galatians 2:20 side-by-side—note how both passages destroy self-effort.

Conclusion and Next Steps

God's original rest in Genesis pointed forward to the glorious truth that Christ Himself is our Sabbath rest and our dwelling place. Cease striving, trust Him fully, and let the life of Jesus flow through you every ordinary day. For next week, review Hebrews 4 and the verses on God dwelling in us. Come ready to share how resting in Christ is becoming more real in your daily life.

Let's pray: Lord, thank You that we do not have to earn Your favor—Jesus has already secured it forever. Thank You that You live in us and among us right now. Teach us to rest in Your finished work and to let Your life flow through us to everyone we meet. We love You and want the world to see Jesus in us. In His precious name, Amen.