

ACTNow! (Applying Christ's Teaching NOW) follows the weekly sermon series of TPMC, and challenges us to apply and put into practice the biblical truths we hear each week. It is the recommended Bible discussion material for TPMC's Cell Groups, and leader's notes are available to all Cell Group Leaders and at the Information Counter.

The Beginning: Rest

Genesis 2:1-3

Rev Poh Zhi-Hui

SERMON SYNOPSIS

- When God finished His work of creation on the sixth day, He rested from His work. He rested because He was satisfied with what He had done.
 - During the process of creation, God showed us that He is unafraid of chaos. He entered into the chaos and brought order to it.
 - He did not rest until the work was complete. The word "Rest" emphasizes the "stopping from a task because the task has been completed." Just as God completed the work of delivering the Israelites out of Egypt, and of sending Jesus to die for us, we know He fulfills His promises. He is the God who completes the good he set out to do, and so we can trust him fully to finish His work in us.
- God rested on the seventh day because He was satisfied with the whole of creation. God's ultimate goal is to be satisfied with creation. While the earth is filled with disasters and sickness and evil, God is still working. He is working to reconcile people to Himself, and helping us to find our true rest in Him. When Jesus rested on earth, He was still teaching and healing the sick (John 5:1-15). Likewise, our rest is not about idleness, but to glorify God
- How can we learn to trust God and allow Him to give us His rest? Firstly, we can learn from the testimony and counsel of others. We can ask others about their journey of growing in faith and trusting God. Secondly, reading the Bible helps us know God better, and then putting His word into practice to build faith. Obedience to His word and Spirit brings us a step closer to see God's ways and works which in turn builds our trust in Him.

DISCUSSION QUESTIONS

1. What are some ways that you spend time resting? How are these activities restful?

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2. How is God's rest different from our rest? Rate your current level of restfulness on a scale of 1-5. How can we increase the level of rest that we are experiencing?

[Verse to help us go deeper: Psalm 127:1-2; Matthew 11:28-30; Hebrews 4:9-11]

3. How does our restfulness glorify God? What are some things we can do to grow in our faith this week? Are there some areas that we need to trust God with, so that we can truly experience resting in Him?

[Verses to help us go deeper: Philippians 4:6-7; John 5:17]

PRAYER POINTERS

- Thank the Lord that He is trustworthy and faithful because what He sets out to do, He completes it.
- Ask the Lord to help you grow in trust in Him, to let go of striving in your own strength, but to rest *in* Him, and be intentional to take time to rest *with* Him.
- Pray for those people God has put around you who are in need of God's rest. Ask God to bless them, and help you to find a way to be a blessing to them.

MEMORY VERSE

"Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28, NIV)

PRACTICAL HANDLE

In the sermon, Pastor shared some practical things you can do to rest one day a week. (i) Enjoy family time and be engaged and truly present with them, (ii) let your workers have rest, (iii) Look out for people that you can bring joy to, (iv) help another person know God's goodness, (v) spend quiet time in reflection to remember who God is. Choose one thing you can immediately put into practice this week.

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