

1. What do you do to rest and relax?
2. What have you found to be the best way to connect with your family and friends?

**Isaiah 65:1 - "I revealed myself to those who did not ask for me; I was found by those who did not seek me. To a nation that did not call on my name, I said, 'Here am I, here am I.'**

3. How does it make you feel knowing that God sought you out and continues to seek relationship with you?
4. How do you think that God responds to those who seek him?
5. What is our responsibility in knowing God?
6. What will you do this week to know God more?

**Genesis 1:26 – 2:3 - Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,<sup>[a]</sup> and over all the creatures that move along the ground."<sup>27</sup> So God created mankind in his own image, in the image of God he created them; male and female he created them.<sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."<sup>29</sup> Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.<sup>30</sup> And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.<sup>31</sup> God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.**

**2 Thus the heavens and the earth were completed in all their vast array.<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.<sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.**

7. In Genesis 1, how does God model the rhythm of work and rest?
8. How do you think that the principle of rest and work applies to our modern lives?
9. Do you find it interesting that the day begins with evening and rest before morning and work?
10. What are your thoughts about Adam and Eve being created on day 6 and on day 7 God and they rested?
11. How can you establish or improve daily and weekly rhythms in your family life based on the principles in Genesis 1?
12. Based on your current daily and weekly rhythms where do you think you will be in 10 years?
13. How can you ensure that your current rhythms for yourself and your family are leading you to where you want to be in the next ten years?
14. How can you improve your presence with your loved ones and your time with God?