REST FIRST

After a long, hard day of work, we find ourselves feeling entitled to some rest. Our mindset tends to consider rest as something earned as a reward for labor. This thinking seems to find support in the creation narrative. God works for six days and then rests on the Sabbath day. And are we not called to follow His example?

On closer examination, though, we find that Adam and Eve’s experience differed in one particular. Whereas the creation story begins with God working, Adam and Eve’s life begins with resting. After creating Adam, “the LORD God took the man and put him in the garden of Eden to tend and keep it” (Gen. 2:15). Although he had received his assignment, Adam would not begin his work until after the Sabbath. Thus, in the case of humanity, God designed that a fruitful life would begin with resting in Him. Rest is not earned. It is a gift from God.

The Sabbath also laid the foundation that while Adam must work, his work is not the ultimate source of his sustenance. Adam and Eve were able to breathe, eat, and drink before they lifted a finger in labor. It was God who provided for them. And the Sabbath was ever to remind them that they were dependent upon God.
Write out John 15:1–11 from the Bible translation of your choice. If you are pressed for time, write out John 15:4, 5. You may also rewrite the passage in your own words, or outline or mind-map the chapter.
Go back to your scribed text and study the passage.

**Circle** repeated words/ phrases/ideas

**Underline** words/phrases that are important and have meaning to you

Draw **Arrows** to connect words/ phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?

Memorize your favorite verse in John 15:1–11. Write it out multiple times to help with memorization.

Why is it important to have a correct understanding of your identity?

What role, if any, does an independent spirit play in the life of a Christian?

Read more at www.inversebible.org/sab04-3
After looking at your scribed and annotated text, what special insights do your marks overall seem to point to?

What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

To what extent does your native culture valorize independence?

Read more at www.inversebible.org/sab04-4
What relationship do the following verses have with the primary passage?

Psalm 100
Genesis 3:1–11
Job 38, 39
Psalm 37:1–8
Colossians 1:17

What other verses come to mind in connection with John 15:1–11?

Review your memorized verse from John 15:1–11.
Read more at
www.inversebible.org/sab04-6
Review the memory verse. How does it apply to your life this week?

After this week’s study of the chapter, what are applications you are convicted of in your life?

What are practical applications you must make in your school, family, workplace, and church?

Read more inSight from the Spirit of Prophecy at www.inversebible.org/sab04-7
Share insights from this week’s memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.

How do you see “proper places” in society?

How has this idea been abused by those who have been “created”?

How does the Creator supersede these abuses in society?

How does the Sabbath guard against sin on the personal/individual level as well as the social/corporate level?

What is the difference between laws and principles?

Why do creatures seek to become the Creator?

How do we differentiate social independence from spiritual independence?

How do you express your indebtedness to God as your Creator?