

**Week Two – Restoring Our Rhythms**  
**Genesis 1:28-2:3**

**Spend FIFTEEN - Day One**

1. Read Genesis 1:27-2:3 very slowly and intentionally. Note anything that sticks out to you.
2. Whom did God bless with his work? (See also Psalm 115:16)
3. Describe the command God gave Adam and Eve in vs. 28.
4. Does God's command sound easy to do? Why or why not?
5. So often we think of work as punishment. However, God's original intention was to bless man through his work. How would you describe your work? Do you consider it a blessing most days?
6. As you finish your FIFTEEN, ask God to give you joy in the work with which with he has blessed you.

**Spend FIFTEEN - Day Two**

7. Look back at your answer to question #5 from yesterday's study. Do you feel the same way about your work today? Do your feelings about your work change from day to day? If you work a traditional Monday through Friday schedule, how does your attitude change from the beginning of the week to the end?
8. God's original plan to bless man by giving him purpose through his work came with another command. Read Genesis 1:28-2:3 again. What did God establish in Genesis 2:3?
9. How does having a day of rest affect how you feel about your work?
10. Why do you suppose God took a day of rest? Do you think he needed to rest?
11. Look at verse 2:3. What made the seventh day holy? (See also Leviticus 23:3)
12. A day of rest became holy because God said it was. Not only did he say it, he modeled it. What does this say to you about the importance of rest for us?

13. How does technology aid in allowing you to take a day of rest?
14. In what ways does it detract from it?
15. Finish your FIFTEEN by thanking God for caring so much about us that he modeled rest.

**Spend FIFTEEN - Day Three**

16. Look again at Genesis 1:28-2:3. Describe what did God did in Genesis 1:31.
17. God not only rested at the end of the week, he also rested and reflected on the day's work when evening came. Do you take the time to do this at the end of the day? If not, how might establishing this as a routine affect your day?
18. Take a moment to listen to the song *3 Little Things* by Jason Mraz. (Isn't it great that technology allows us to hear a song instantly, whenever we want to?) <https://www.youtube.com/watch?v=OsrICJqWQ1E> Do any of these lyrics speak to you?
19. One of the great things about this song is the posture of gratitude and appreciation for the good things of life, but my favorite is Mraz's suggestion to close the chapter on the day and start fresh the next day. What happens to your attitude when you carry the same struggles into each new day?
20. Read Lamentations 3:22-24. What does God promise us every morning?
21. As you end your FIFTEEN today, ask God to remind you as you close your eyes tonight to help you lose the chapter on today to start fresh in his creation tomorrow.

**Spend FIFTEEN - Day Four**

22. Are you more of a night owl or a morning person? What time of day do you feel like you've hit your stride?
23. If you think back to the time before the technology of the lightbulb was invented, the only way to extend the working hours of the day was the technology of candlelight indoors, and possibly a torch when outside. Nightfall itself was self-limiting when it came to human work. How have today's technologies affected humans' work schedules?
24. By all accounts, the time period in when we've had the luxury of electric lightbulbs is a small portion of human history. Do you think it has been mostly good for human health, well-being, and relationships or not? How about for you personally?

25. Read Ecclesiastes 5:18-19. What is the author telling us he has discovered?
26. What steps can you take in your life to help keep technology from upsetting your work/life balance?
27. Finish your FIFTEEN in prayer, asking God to help you recognize when technology is causing an imbalance in your life.

**Spend FIFTEEN - Day Five**

28. How do you feel about the use of technology in your life right now? Is it adding to or detracting from your work/life balance?
29. At St. John, we use a mnemonic device called the 1.1.15.6 to help us keep growing spiritually. But it also has the added benefit of helping us have balance in our lives. Go to [stjstl.net/11156](http://stjstl.net/11156) to familiarize yourself with them. Which one of the 1.1.15.6 do you think would most help restore balance at this point in your life?
30. Read Hebrews 10:24-25. This is the theme verse for the second 1 of the 1.1.15.6, Be someONE to another person in an intentional relationship. Thinking specifically about this 1, how does technology help us be intentional about relationships with each other? How does technology hinder those relationships?
31. As you end your final FIFTEEN this week, think about the ways that you need to change the way you use technology in order to improve your life and relationships. Then commit the matter to God in prayer and begin to take those steps toward the goals you've set.