

Genesis 1: The Rhythm of Being and Doing

Genesis 1 offers a profound framework for understanding our identity. Often, we define ourselves by our productivity—our "doing." However, the creation narrative suggests that "being" must precede and sustain "doing."

The Passage: Genesis 1:1–2:3

Key Focus: Notice the pattern of God's work. God speaks (action), creation exists (being), and then God observes and evaluates (reflection).

"And God saw that it was good." (Genesis 1:10, 12, 18, 21, 25, 31)

Discussion Questions

1. The Primacy of "Being" In Genesis 1:26–27, humans are created in the image of God. Before humans are given any command to work, multiply, or steward the earth, they are simply *created*.

- **Question:** Why do you think God established our identity as "image-bearers" before giving us the "assignment" of stewarding creation? How does it change your day if you view your value as being rooted in who you are (a child of God) rather than what you produce?

2. The Rhythm of Rest The chapter culminates in Genesis 2:1–3, where God stops His work to rest.

- **Question:** We live in a culture that often equates busyness with importance. How does God's choice to rest in Genesis 2 challenge the idea that our worth is tied to our "doing"? What does it mean to "sabbath" in a way that prioritises being over doing?

3. The "Goodness" of Existence Throughout the chapter, God evaluates His creation as "good" even before humans have "done" anything.

- **Question:** Have you ever felt that you only deserve to rest or feel "good" about yourself after you have finished a long to-do list? How can we cultivate the practice of acknowledging our "goodness" simply because we exist and are created by God?

4. Reflection vs. Execution God doesn't just create; He pauses to "see" (observe/reflect) what He has made.

- **Question:** We often rush from one task to the next. How might incorporating "reflection" (seeing the good in what we have done) change the way we approach our work? How can we transition from a mindset of "performance" to a mindset of "participation" in God's work?

The "Being-Doing" Audit

Take a moment to write down your top three priorities for this week.

- Next to each, ask yourself: *Am I doing this to prove my worth, or am I doing this out of the overflow of who I am in Christ?*
- Identify one specific way you can "be" this week—perhaps through silent prayer, taking a walk, or intentionally resting—that has nothing to do with completing a task.

As you reflect on these themes, what specific area of your life feels most burdened by the pressure to constantly "do," and how might the concept of "being" bring more peace to that area?