

“And He Rested on the Seventh Day”

Sermon Notes

- **It is not overstating the case to say that all of the first six days of creation exist for the seventh**

**Two truths from day seven...*

1. On the seventh day God provides for us an irresistible example (vv.1-2)
2. In the seventh day God issues to us a glorious invitation (v.3; Exodus 20:8-11; Matthew 11:28-30; Hebrews 4:1-13; Romans 8:18-25; Revelation 14:11-13; 22:17)

Next Week: Genesis 2:4-7 - “Dust & Breath”

MEFC Community Group Study Guide

For the week of July 27th - August 3rd

Dear MEFC Family,

Two weeks ago, we began to explore the biblical teaching concerning the creation of humanity. All that we've seen in Genesis chapter one in our study over the last two months has led us to this point. It's been said that mankind (created in God's image as male and female) is the apex, the climax, the pinnacle, and the crown jewel of creation. While this is certainly true, it's also the case (as we confess in our EFCA Statement of Faith) that "...human beings are sinners by nature and by choice, alienated from God, and under His wrath. Only through God's saving work in Jesus Christ can we be rescued, reconciled and renewed."¹ These are weighty truths, and ones that are worthy of the best of our personal meditation as well as our interpersonal conversation.

*Therefore, in our community groups, through the rest of the month of July, we are going to engage in a biblical, theological, and practical study of **Article 3 of our EFCA Statement of Faith - The Human Condition**. Over this last year, a remarkable resource has emerged in cooperation between the Evangelical Free Church of America and Trinity Evangelical Divinity School. [A free 88 page study guide](#) is now available that walks us carefully through each article of the EFCA Statement of Faith in addition to [a series of video interviews](#) that seek to carefully discuss the meaning and significance of each of its 10 articles. Here's a plan that will help you to engage with **Article 3 - The Human Condition** in your own personal study, alongside your family, or with your community group over the next three weeks:*

Week One (July 13-19)

Read [Article 3](#), watch [this video discussion](#) between Greg Strand and Dr. Eric Tully, and work through "Video: Notes and Reflections" as well as the "Questions to Ponder" from pages 26-27 of [the study guide](#).

¹ <https://www.efca.org/sof>. Accessed 7/11/25 @ 2pm.

Week Two (July 20th-26th)

Read [Article 3](#), and work through the “Study” portion of [the study guide](#) including the “Introduction”, “Teaching Key Truths”, “Outline”, and “We Believe” from pages 27-29.

Week Three (July 27-August 2)

Read [Article 3](#), and work through the “Guided Discussion” portion of [the study guide](#) from pages 29-30.

You will note that the Statement of Faith Study Guide recommends reading the relevant chapter in *Evangelical Convictions: An Exposition of the Statement of Faith of the Evangelical Free Church of America*. While you are welcome and encouraged to do so, it is not essential for this three week study.

May these resources inform, enrich, and strengthen your convictions regarding the biblical teaching concerning what it means to be human beings made with a unique dignity and destiny.

Grace & Peace,

Pastor Dave