

# Echoes of Eden

This Journal Belongs To:



PRACTICES

Practices are rhythms we put in our life that over time, form all of who we are. Learn more about Practices at [thejourney.org/ApprenticeshipPathway](https://thejourney.org/ApprenticeshipPathway).



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**Becoming apprentices of Jesus by**

**being with,  
being transformed by,  
and partnering with**

**Him.**



**"And  
God  
saw  
that it  
was  
good."**

<b>12</b>	Authority	<b>36</b>	Vocation
<b>18</b>	Identity	<b>42</b>	Rest
<b>24</b>	Community	<b>48</b>	Sin
<b>30</b>	Marriage	<b>54</b>	Shame & Discord

In the opening pages of Scripture, God shows us not only how the world began, but how life was meant to be lived. Even though sin fractured creation, God's original design still shows up in our deepest longings. *Echoes of Eden* invites us to listen again, to hear God's voice, remember who we are, and rediscover His intentions for the world and for our lives.

Before brokenness, before striving, before shame, there was Eden. A place of wholeness, where humanity lived fully with God and walked closely with Him. We were created to partner with God, sharing His goodness and bringing blessing into the world. Genesis 1–3 is more than ancient history. It is the beginning of our story. It helps us understand who God is, who we are, why the world is the way it is, and what went wrong. In this series, we will explore God's original design, how it was distorted by sin, and why we still feel the ache of what has been lost.

Each week, we will listen for the echoes of God's good creation, naming both what has been broken and what God is still restoring through Jesus. This series helps set the stage for the larger biblical story by showing us the beauty of what God intended, the fracture sin introduced, and our deep need for redemption.

All of this leads to Easter weekend, when we will see the cost and power of Jesus' redeeming work. We will be reminded that Jesus, the true and better Adam, opens the gates to the garden once again, restoring what was once lost, and inviting us into new life.





# HOW TO USE THIS JOURNAL

We are so glad you are stepping into this journey through the first three chapters of Genesis. In the opening pages of Scripture, God shows us not only how the world began, but how life was meant to be lived. Even though sin fractured creation, God's original design still shows up in our deepest longings. Echoes of Eden invites us to listen again, to hear God's voice, remember who we are, and rediscover His intentions for the world and for our lives.

Our hope is that these pages will give you space to slow down with God's Word, reflect on His truth, and respond in prayer. Take your time. Be honest.

Let God's Spirit meet you in the quiet as you open His Word. Our desire is to be with and transformed by Jesus through the practice of reading Scripture. Our hope is this will not just be an intellectual exercise, information download, or motivational tool. Our hope is this practice will

help you commune with God. He wants to meet with you. As we go through this practice together, don't give up! Don't give in to the lie that you're too busy or God won't speak to you. Keep at it! Most importantly, go on this journey with others. It is so important that we share each other's struggles and victories as we discern His voice.

Each week, we will open the Bible, reflect, and pray. Do not rush. Sit with the Word. Let God speak to you, and give yourself room to respond. It is a great practice to read through the passage and reflect on it before it is preached.

Each week we provide four practices to help you go deeper into the scripture and hear from the Holy Spirit.

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1. Scripture
  2. Prayers of Confession
  3. Reflection Questions
  4. Psalm for Sabbath

**Beyond hearing the passage preached on Sunday, you can also read and study it yourself. If you need a simple way to read and reflect on scripture, use the acronym R.E.A.P.**

**Read** | As you open your Bible, put away your phone or distractions and begin with a moment of silence and the prayer, “Come Holy Spirit”. Nothing is magical in these words, but it is an acknowledgment that you want the Holy Spirit to guide your heart and attention. When you are ready, Start with the passage itself. Let the words sink in.

Depending on time, you may want to consider reading the whole passage or a portion of the passage multiple times. You may be surprised by what comes to the surface in re-reading.

**Examine** | After reading, ask questions. What does this show about God? About following Jesus? About me? What is this letter saying to its audience?

From the Bible Project on the first three chapters of Genesis:

Genesis opens with God bringing order, beauty, and goodness out of darkness and chaos, creating a world where life can flourish. Humans (adam) are made in God’s image—not merely in form, but in purpose—as reflections of his character and representatives who rule, cultivate, and care for creation. God blesses them and places them in a garden as the starting point for building a flourishing world.

Humans are given freedom, symbolized by the tree of the knowledge of good and evil. Until now, God has defined what is good, but here he grants them dignity and choice: will they trust God’s wisdom or define good and evil for themselves? The stakes are life and death, represented by the tree of life.

A serpent enters the story—another

creature of God, yet one in rebellion. It offers an alternate story: taking the knowledge of good and evil will not bring death but will lead to life and godlikeness. The tragic irony is that humans are already made in God’s image. Still, they choose autonomy over trust, and the story collapses.

Brokenness follows immediately. Human relationships fracture as shame and mistrust appear. Intimacy with God is lost as humans hide and shift blame. God responds with poetic declarations of consequence: the serpent is cursed and destined for defeat, and a future descendant of the woman will crush its head, though at great personal cost.

This promise of a wounded victor reveals God’s grace. Though rebellion brings pain, toil, and death into every part of human life, God does not abandon humanity. Instead, he promises rescue—even as the consequences of their choice remain.

**Apply** | Scripture always has a context of audience, place, and genre. But it is also speaking to us and the Holy Spirit is calling us to something. Reflect on this and think about how you can apply what you’ve read to your life as an apprentice of Jesus.

**Pray** | In the same way, we begin with “Come Holy Spirit,” we end in prayer. As you pray, share your struggles and questions with God, thank Him for His presence, ask Him to speak, and spend time listening. Turn your reflections into a conversation with God.

# GENESIS

Each week in our series, we will study small portions of Scripture. This is a great way to better understand the text and draw out application. Likewise, one of the best ways to read Scripture is by understanding the larger context—think micro and macro. **A few times throughout this series, we encourage you to read all of Genesis 1-3 in one sitting.** Reading all three chapters takes about 10 minutes. By doing so, you may begin to notice new patterns you missed before or discover new things to reflect on.

## THE CREATION OF THE WORLD

**1** In the beginning, God created the heavens and the earth. <sup>2</sup> The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

<sup>3</sup> And God said, “Let there be light,” and there was light. <sup>4</sup> And God saw that the light was good. And God separated the light from the darkness. <sup>5</sup> God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

<sup>6</sup> And God said, “Let there be an expanse in the midst of the waters, and let it separate the waters from the waters.” <sup>7</sup> And God made the expanse and separated the waters that were under the expanse from the waters that were above

the expanse. And it was so. <sup>8</sup> And God called the expanse Heaven. And there was evening and there was morning, the second day.

<sup>9</sup> And God said, “Let the waters under the heavens be gathered together into one place, and let the dry land appear.” And it was so. <sup>10</sup> God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.

<sup>11</sup> And God said, “Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth.” And it was so. <sup>12</sup> The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good. <sup>13</sup> And there was evening and there was morning, the third day.

<sup>14</sup> And God said, “Let there be lights in the expanse of the heavens to separate the day from



the night. And let them be for signs and for seasons, and for days and years, <sup>15</sup> and let them be lights in the expanse of the heavens to give light upon the earth.” And it was so. <sup>16</sup> And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. <sup>17</sup> And God set them in the expanse of the heavens to give light on the earth, <sup>18</sup> to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. <sup>19</sup> And there was evening and there was morning, the fourth day.

<sup>20</sup> And God said, “Let the waters swarm with swarms of living creatures, and let birds fly above the earth across the expanse of the heavens.” <sup>21</sup> So God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good. <sup>22</sup> And God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the

earth.” <sup>23</sup> And there was evening and there was morning, the fifth day.

<sup>24</sup> And God said, “Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds.” And it was so. <sup>25</sup> And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the ground according to its kind. And God saw that it was good.

<sup>26</sup> Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

<sup>27</sup> So God created man in his own image, in the image of God he created him; male and female he created them.

<sup>28</sup> And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” <sup>29</sup> And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. <sup>30</sup> And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. <sup>31</sup> And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

## **THE SEVENTH DAY, GOD RESTS**

**2** Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

### **The Creation of Man and Woman**

<sup>4</sup> These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens.

<sup>5</sup> When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the Lord God had not caused it to rain on the land, and there was no man to work the ground, <sup>6</sup> and a mist was going up from the land and was watering the whole face of the ground— <sup>7</sup> then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. <sup>8</sup> And the Lord God planted a garden in Eden, in the east, and there he put the man whom he had formed. <sup>9</sup> And out of the ground the Lord God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

<sup>10</sup> A river flowed out of Eden to water the garden, and there it divided and became four rivers. <sup>11</sup> The name of the first is the Pishon. It is the one that flowed around the whole land of Havilah, where there is gold. <sup>12</sup> And the gold of that land is good; bdellium and onyx stone are there. <sup>13</sup> The name of the second river is the

Gihon. It is the one that flowed around the whole land of Cush. <sup>14</sup> And the name of the third river is the Tigris, which flows east of Assyria. And the fourth river is the Euphrates.

<sup>15</sup> The Lord God took the man and put him in the garden of Eden to work it and keep it. <sup>16</sup> And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, <sup>17</sup> but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

<sup>18</sup> Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” <sup>19</sup> Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. <sup>20</sup> The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. <sup>21</sup> So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. <sup>22</sup> And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. <sup>23</sup> Then the man said,

“This at last is bone of my bones  
and flesh of my flesh;  
she shall be called Woman,  
because she was taken out of Man.”

<sup>24</sup> Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. <sup>25</sup> And the man and his wife were both naked and were not ashamed.

## **THE FALL**

**3** Now the serpent was more crafty than any other beast of the field that the Lord God had made.

He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” <sup>2</sup> And the

woman said to the serpent, "We may eat of the fruit of the trees in the garden,"<sup>3</sup> but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."<sup>4</sup> But the serpent said to the woman, "You will not surely die."<sup>5</sup> For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."<sup>6</sup> So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.<sup>7</sup> Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

<sup>8</sup> And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.<sup>9</sup> But the Lord God called to the man and said to him, "Where are you?"<sup>10</sup> And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself."<sup>11</sup> He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?"<sup>12</sup> The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate."<sup>13</sup> Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

<sup>14</sup> The Lord God said to the serpent,

"Because you have done this,  
cursed are you above all livestock  
and above all beasts of the field;  
on your belly you shall go,  
and dust you shall eat  
all the days of your life.

<sup>15</sup> I will put enmity between you and the woman,  
and between your offspring and her offspring;  
he shall bruise your head,  
and you shall bruise his heel."

<sup>16</sup> To the woman he said,

"I will surely multiply your pain  
in childbearing;  
in pain you shall bring forth children. Your  
desire shall be for your husband,  
and he shall rule over you."

<sup>17</sup> And to Adam he said

"Because you have listened to the voice  
of your wife

and have eaten of the tree  
of which I commanded you,  
You shall not eat of it,'

cursed is the ground because of you;

in pain you shall eat of it all the days of  
your life;

<sup>18</sup> thorns and thistles it shall bring forth for  
you;

and you shall eat the plants of the field.

<sup>19</sup> By the sweat of your face

you shall eat bread,  
till you return to the ground,  
for out of it you were taken;

for you are dust,  
and to dust you shall return."

<sup>20</sup> The man called his wife's name Eve,  
because she was the mother of all living.

<sup>21</sup> And the Lord God made for Adam and  
for his wife garments of skins and clothed  
them.

<sup>22</sup> Then the Lord God said, "Behold, the  
man has become like one of us in know-  
ing good and evil. Now, lest he reach out  
his hand and take also of the tree of life  
and eat, and live forever—" <sup>23</sup> therefore the  
Lord God sent him out from the garden of  
Eden to work the ground from which he  
was taken. <sup>24</sup> He drove out the man, and at  
the east of the garden of Eden he placed  
the cherubim and a flaming sword that  
turned every way to guard the way to the  
tree of life.

# GENESIS

## 1:1–3

### THE CREATION OF THE WORLD

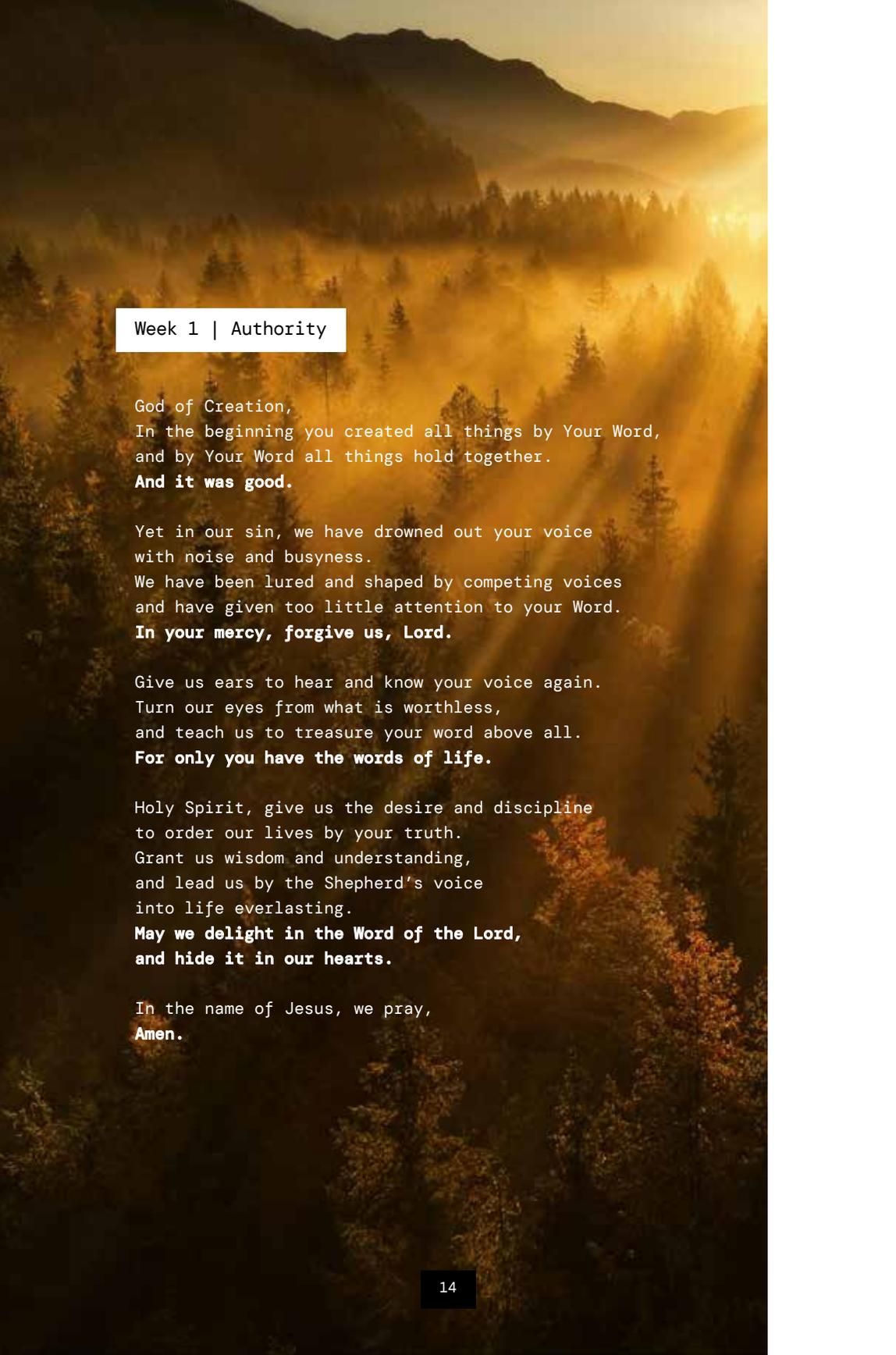
<sup>1</sup>In the beginning, God created the heavens and the earth. <sup>2</sup>The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

<sup>3</sup> And God said, “Let there be light,” and there was light...

### **SERMON DETAILS**

February 8 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

**AUTHORITY:  
GOD SPEAKS,  
CREATION RESPONDS**



Week 1 | Authority

God of Creation,  
In the beginning you created all things by Your Word,  
and by Your Word all things hold together.  
**And it was good.**

Yet in our sin, we have drowned out your voice  
with noise and busyness.  
We have been lured and shaped by competing voices  
and have given too little attention to your Word.  
**In your mercy, forgive us, Lord.**

Give us ears to hear and know your voice again.  
Turn our eyes from what is worthless,  
and teach us to treasure your word above all.  
**For only you have the words of life.**

Holy Spirit, give us the desire and discipline  
to order our lives by your truth.  
Grant us wisdom and understanding,  
and lead us by the Shepherd's voice  
into life everlasting.  
**May we delight in the Word of the Lord,  
and hide it in our hearts.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHO/WHAT ARE THE MAIN  
AUTHORITIES/VOICES IN  
YOUR LIFE?**

**HOW HAVE THEY SHAPED  
WHO YOU ARE?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 33.

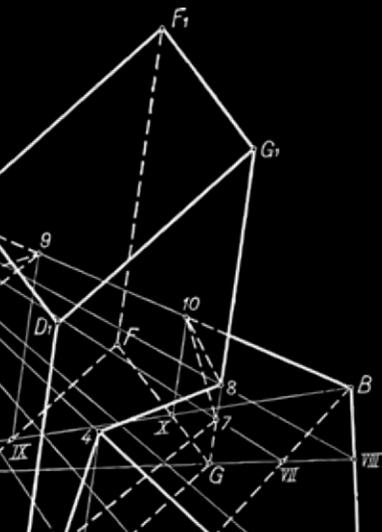
<sup>6</sup> By the word of the Lord the heavens were made,  
and by the breath of his mouth all their host.

<sup>7</sup> He gathers the waters of the sea as a heap;  
he puts the deeps in storehouses.

<sup>8</sup> Let all the earth fear the Lord;  
let all the inhabitants of the world stand in awe of him!

<sup>9</sup> For he spoke, and it came to be;  
he commanded, and it stood firm.

**PSALM 33:6-9**





# GENESIS 1:26-27

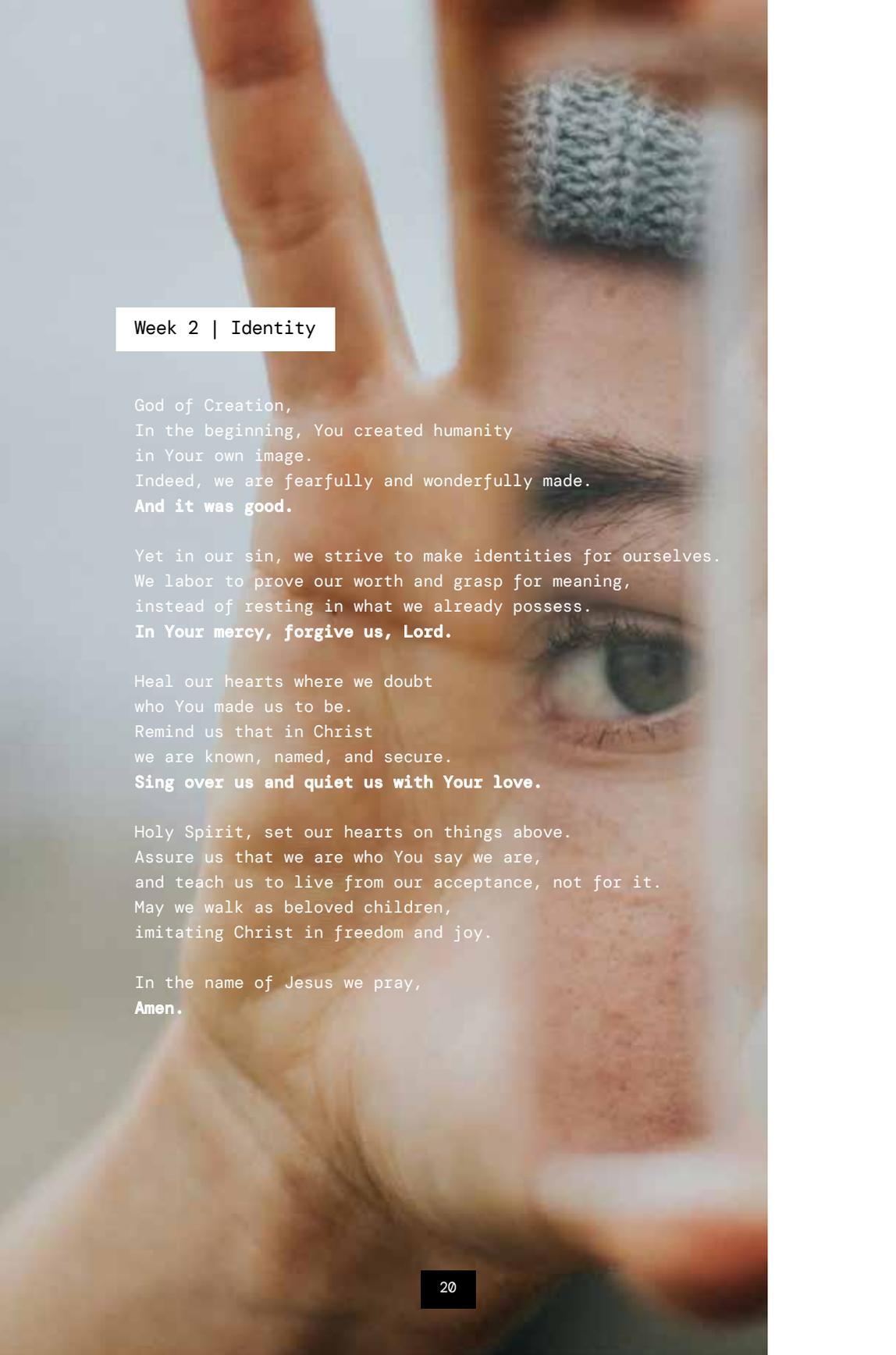
<sup>26</sup> Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

<sup>27</sup> So God created man in his own image,  
in the image of God he created him;  
male and female he created them.

## **SERMON DETAILS**

February 15 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

**IDENTITY:  
MADE IN THE  
IMAGE OF GOD**



**Week 2 | Identity**

God of Creation,  
In the beginning, You created humanity  
in Your own image.  
Indeed, we are fearfully and wonderfully made.  
**And it was good.**

Yet in our sin, we strive to make identities for ourselves.  
We labor to prove our worth and grasp for meaning,  
instead of resting in what we already possess.  
**In Your mercy, forgive us, Lord.**

Heal our hearts where we doubt  
who You made us to be.  
Remind us that in Christ  
we are known, named, and secure.  
**Sing over us and quiet us with Your love.**

Holy Spirit, set our hearts on things above.  
Assure us that we are who You say we are,  
and teach us to live from our acceptance, not for it.  
May we walk as beloved children,  
imitating Christ in freedom and joy.

In the name of Jesus we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**HOW DOES BEARING  
GOD'S IMAGE SHAPE YOUR  
UNDERSTANDING OF YOUR  
IDENTITY?**

**OF HOW YOU INTERACT  
WITH OTHERS?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 8.

O Lord, our Lord,

how majestic is your name in all the earth!

You have set your glory above the heavens.

<sup>2</sup> Out of the mouth of babies and infants,  
you have established strength because of your foes,  
to still the enemy and the avenger.

<sup>3</sup> When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,

<sup>4</sup> what is man that you are mindful of him,  
and the son of man that you care for him?

<sup>5</sup> Yet you have made him a little lower than the heavenly beings  
and crowned him with glory and honor.

<sup>6</sup> You have given him dominion over the works of your hands;  
you have put all things under his feet,

<sup>7</sup> all sheep and oxen,  
and also the beasts of the field,

<sup>8</sup> the birds of the heavens, and the fish of the sea,  
whatever passes along the paths of the seas.

<sup>9</sup> O Lord, our Lord,

how majestic is your name in all the earth!

## PSALM 8



# GENESIS 2:18

<sup>18</sup> Then the Lord God said,  
“It is not good that the man should be alone;  
I will make him a helper fit for him.”

## **SERMON DETAILS**

February 22 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

# COMMUNITY: NOT GOOD TO BE ALONE

A photograph of two young girls holding hands in a field. The girl on the left has curly brown hair and is wearing a dark blue dress. The girl on the right has blonde hair and is wearing a patterned dress and black boots. They are standing on a dirt path with hills in the background under a clear sky.

Week 3 | Community

God of Creation,  
In the beginning, You placed us in community,  
that we might love, serve, and encourage one another;  
reflecting the unity and harmony of the Holy Trinity.  
**And it was good.**

Yet in our sin, we withdraw from true fellowship  
and choose isolation.  
We mask our wounds out of pride and fear,  
and attempt to carry our burdens alone.  
**In Your mercy, forgive us, Lord.**

Show us our need for one another.  
Draw us into genuine Gospel community,  
where we may be known, loved, and strengthened together.  
**It is not good for us to be alone.**

Holy Spirit, deepen our friendships.  
Give us courage to let down our guards  
and pursue one another in brotherly love.  
**May our love for one another  
may bear witness to Your love in the world.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHAT WOULD IT LOOK LIKE  
FOR YOU TO FLOURISH IN  
COMMUNITY?**

**WHAT ARE THE BARRIERS  
THAT MIGHT BE KEEPING  
YOU FROM EXPERIENCING  
COMMUNITY RIGHT NOW,  
AND WHAT CAN YOU DO TO  
REMOVE SOME OF THOSE  
BARRIERS?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

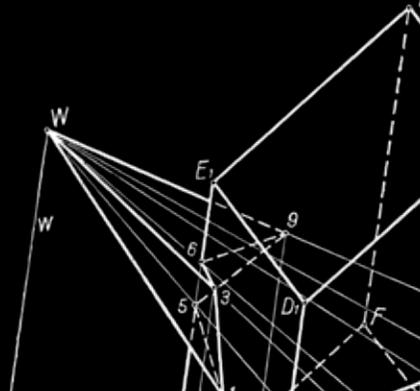
As a way to begin or end your Sabbath, read through Psalm 133.

<sup>1</sup> How good and pleasant it is  
when God's people live together in unity!

<sup>2</sup> It is like precious oil poured on the head,  
running down on the beard,  
running down on Aaron's beard,  
down on the collar of his robe.

<sup>3</sup> It is as if the dew of Hermon  
were falling on Mount Zion.  
For there the Lord bestows his blessing,  
even life forevermore.

PSALM 133





# GENESIS

## 2:18–24

<sup>18</sup> Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” <sup>19</sup> Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. <sup>20</sup> The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. <sup>21</sup> So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. <sup>22</sup> And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. <sup>23</sup> Then the man said,

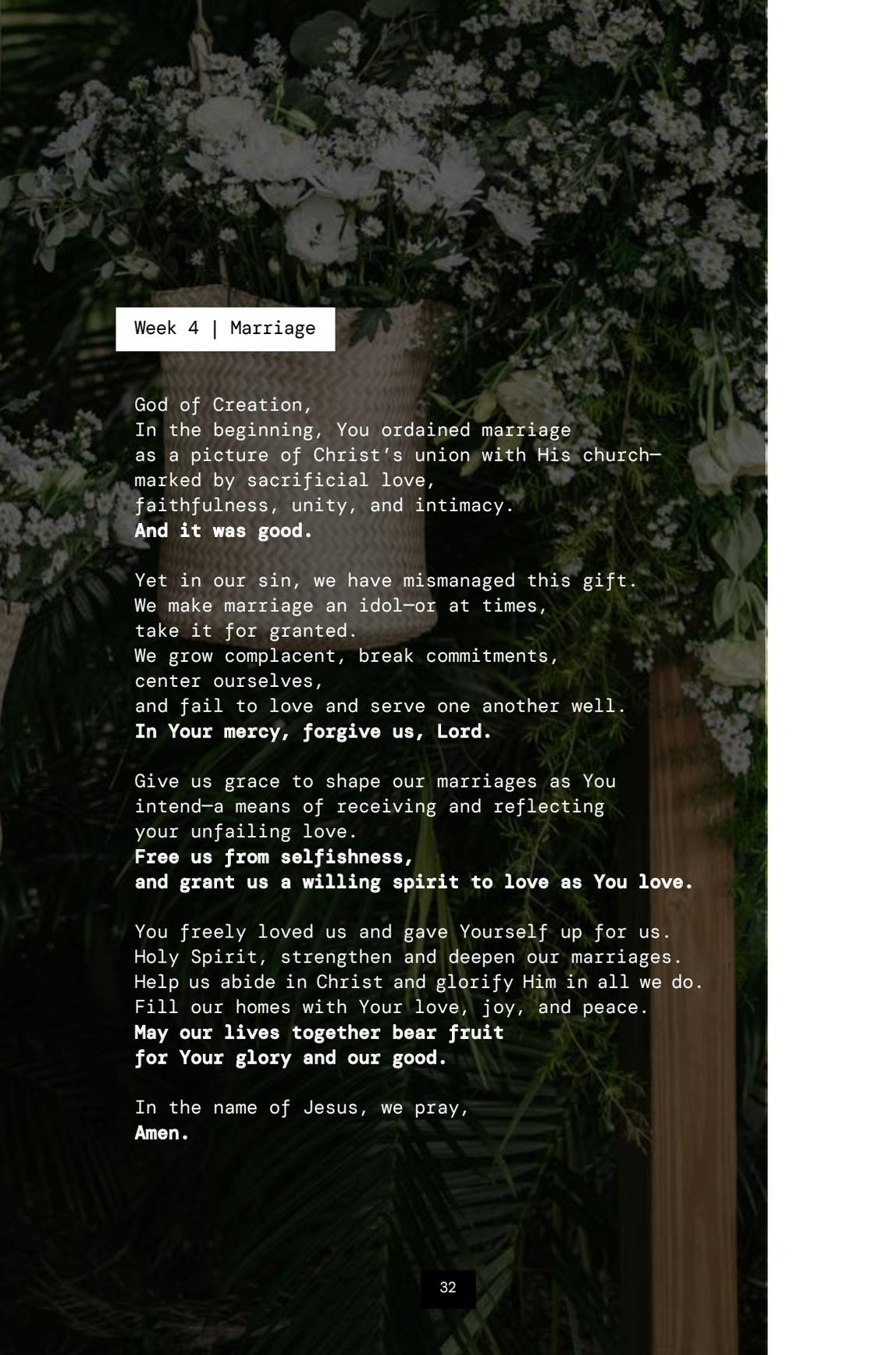
“This at last is bone of my bones  
and flesh of my flesh;  
she shall be called Woman,  
because she was taken out of Man.”

<sup>24</sup> Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

### **SERMON DETAILS**

March 1 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

**MARRIAGE:  
COVENANT, UNITY,  
AND VULNERABILITY**



Week 4 | Marriage

God of Creation,  
In the beginning, You ordained marriage  
as a picture of Christ's union with His church—  
marked by sacrificial love,  
faithfulness, unity, and intimacy.

**And it was good.**

Yet in our sin, we have mismanaged this gift.  
We make marriage an idol—or at times,  
take it for granted.  
We grow complacent, break commitments,  
center ourselves,  
and fail to love and serve one another well.

**In Your mercy, forgive us, Lord.**

Give us grace to shape our marriages as You  
intend—a means of receiving and reflecting  
your unfailing love.

**Free us from selfishness,  
and grant us a willing spirit to love as You love.**

You freely loved us and gave Yourself up for us.  
Holy Spirit, strengthen and deepen our marriages.  
Help us abide in Christ and glorify Him in all we do.  
Fill our homes with Your love, joy, and peace.

**May our lives together bear fruit  
for Your glory and our good.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**HOW IS A VISION OF  
COVENANTAL LOVE  
DIFFERENT FROM A  
CULTURAL VISION OF  
LOVE?**

**ARE YOU EXPERIENCING  
THAT TYPE OF LOVE IN  
JESUS? WHY OR WHY  
NOT?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 128.

<sup>1</sup> How happy is everyone who fears the Lord,  
who walks in his ways!

<sup>2</sup> You will surely eat  
what your hands have worked for.  
You will be happy,  
and it will go well for you.

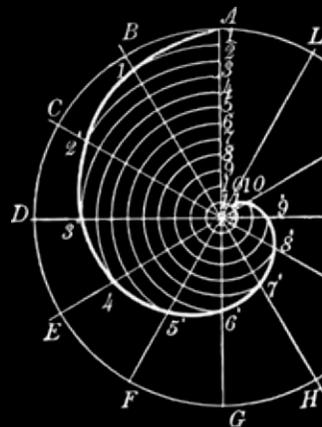
<sup>3</sup> Your wife will be like a fruitful vine  
within your house,  
your children, like young olive trees  
around your table.

<sup>4</sup> In this very way  
the man who fears the Lord  
will be blessed.

<sup>5</sup> May the Lord bless you from Zion,  
so that you will see the prosperity of Jerusalem  
all the days of your life

<sup>6</sup> and will see your children's children!  
Peace be with Israel.

**PSALM 128, CSB**





# GENESIS

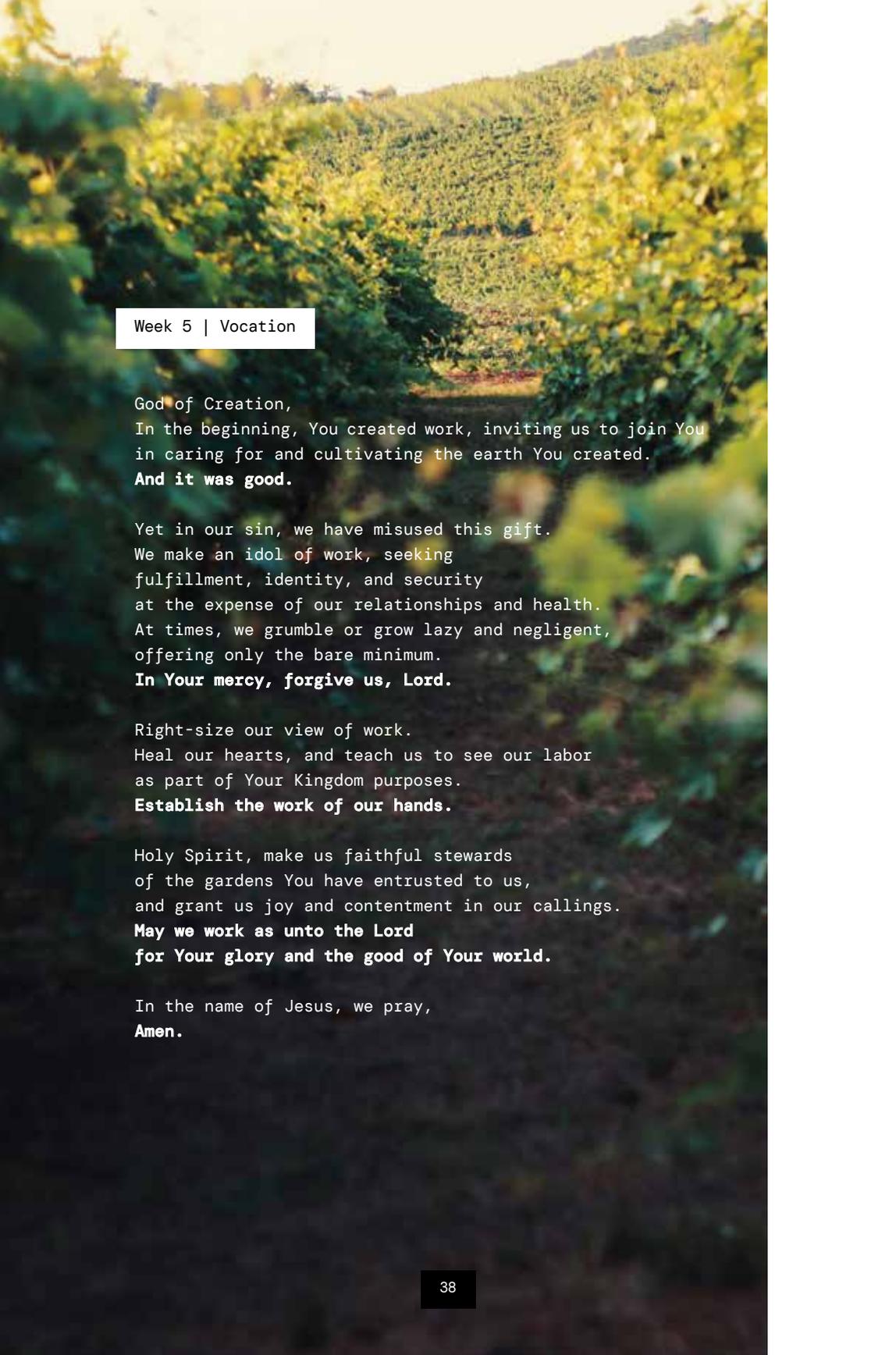
## 1:28–31

<sup>28</sup> And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” <sup>29</sup> And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. <sup>30</sup> And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. <sup>31</sup> And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

### **SERMON DETAILS**

March 8 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

**VOCATION:  
CULTIVATING GOD'S WORLD**



Week 5 | Vocation

God of Creation,  
In the beginning, You created work, inviting us to join You  
in caring for and cultivating the earth You created.  
**And it was good.**

Yet in our sin, we have misused this gift.  
We make an idol of work, seeking  
fulfillment, identity, and security  
at the expense of our relationships and health.  
At times, we grumble or grow lazy and negligent,  
offering only the bare minimum.  
**In Your mercy, forgive us, Lord.**

Right-size our view of work.  
Heal our hearts, and teach us to see our labor  
as part of Your Kingdom purposes.  
**Establish the work of our hands.**

Holy Spirit, make us faithful stewards  
of the gardens You have entrusted to us,  
and grant us joy and contentment in our callings.  
**May we work as unto the Lord  
for Your glory and the good of Your world.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHAT DO YOU BELIEVE  
GOD HAS MADE YOU TO  
DO IN THIS WORLD?**

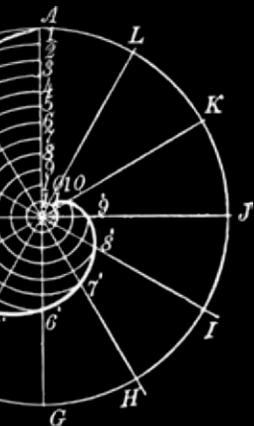
**ARE YOU LIVING FOR THAT  
PURPOSE? WHY OR WHY  
NOT?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 90.

- <sup>12</sup> So teach us to number our days  
that we may get a heart of wisdom.
- <sup>13</sup> Return, O Lord! How long?  
Have pity on your servants!
- <sup>14</sup> Satisfy us in the morning with your steadfast love,  
that we may rejoice and be glad all our days.
- <sup>15</sup> Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.
- <sup>16</sup> Let your work be shown to your servants,  
and your glorious power to their children.
- <sup>17</sup> Let the favor of the Lord our God be upon us,  
and establish the work of our hands upon us;  
yes, establish the work of our hands!

PSALM 90:12-17





# GENESIS

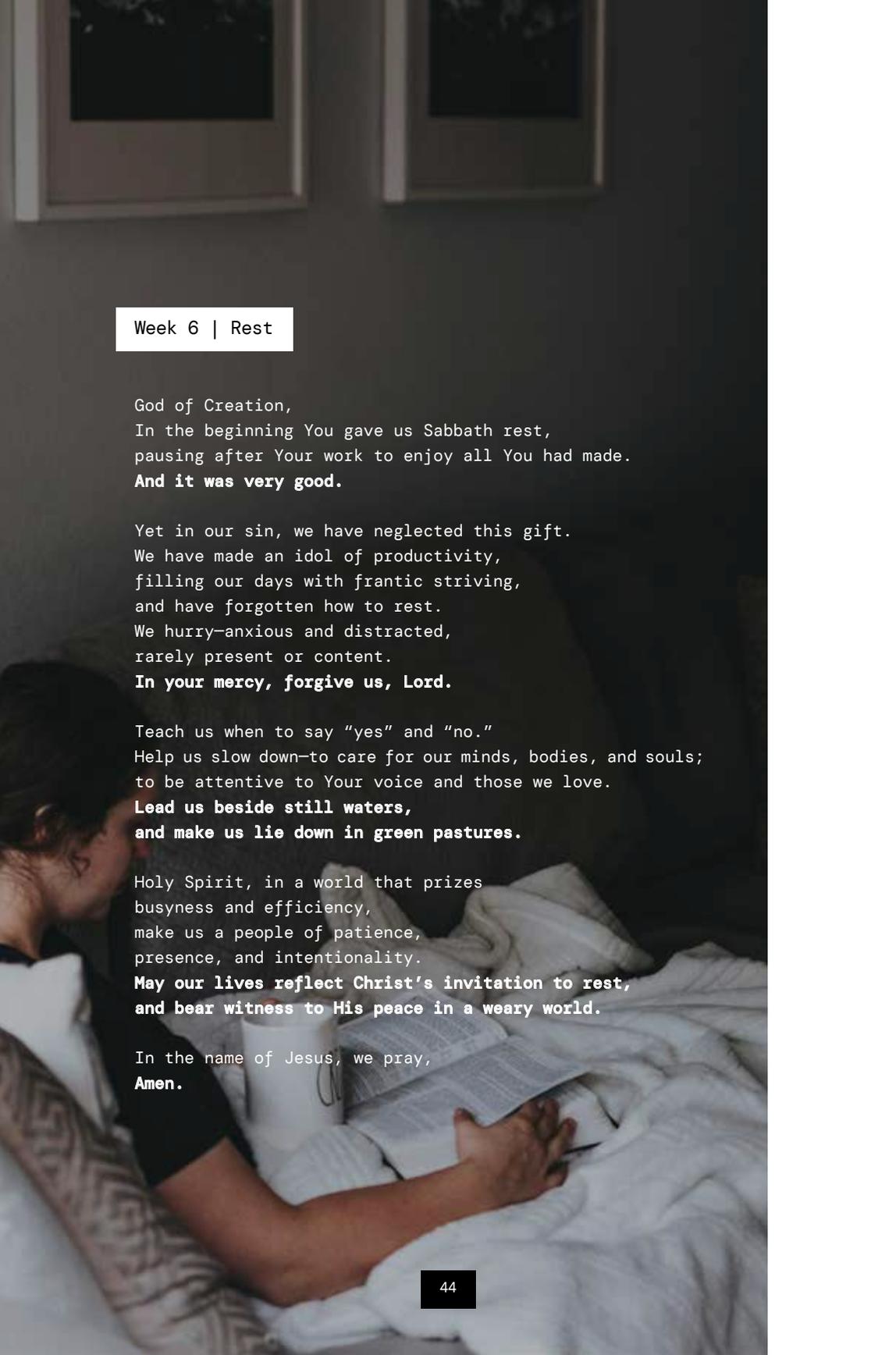
## 2:1-3

<sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

### **SERMON DETAILS**

March 15 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)

**REST:**  
TRUSTING THE GOD  
WHO PROVIDES

A person is shown from the side, sitting up in bed. They are wearing a dark t-shirt and a patterned blanket. They are holding an open book, likely a Bible, and appear to be reading. The room is dimly lit, with two framed pictures on the wall behind them. The overall mood is quiet and contemplative.

Week 6 | Rest

God of Creation,  
In the beginning You gave us Sabbath rest,  
pausing after Your work to enjoy all You had made.  
**And it was very good.**

Yet in our sin, we have neglected this gift.  
We have made an idol of productivity,  
filling our days with frantic striving,  
and have forgotten how to rest.  
We hurry—*anxious and distracted,*  
rarely present or content.  
**In your mercy, forgive us, Lord.**

Teach us when to say “yes” and “no.”  
Help us slow down—to care for our minds, bodies, and souls;  
to be attentive to Your voice and those we love.  
**Lead us beside still waters,  
and make us lie down in green pastures.**

Holy Spirit, in a world that prizes  
busyness and efficiency,  
make us a people of patience,  
presence, and intentionality.  
**May our lives reflect Christ’s invitation to rest,  
and bear witness to His peace in a weary world.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHAT WOULD IT LOOK  
LIKE FOR YOU TO FIND  
REST IN YOUR LIFE?**

**WHAT THINGS BRING YOU  
ACTUAL, RESTORATIVE  
REST FOR YOUR SOUL?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 23.

<sup>1</sup> The Lord is my shepherd; I shall not want.

<sup>2</sup> He makes me lie down in green pastures.

He leads me beside still waters.

<sup>3</sup> He restores my soul.

He leads me in paths of righteousness  
for his name's sake.

<sup>4</sup> Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

<sup>5</sup> You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

<sup>6</sup> Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

forever.

### PSALM 23



# GENESIS

## 3:1-7

<sup>1</sup> Now the serpent was more crafty than any other beast of the field that the Lord God had made.

He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” <sup>2</sup> And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, <sup>3</sup> but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” <sup>4</sup> But the serpent said to the woman, “You will not surely die. <sup>5</sup> For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” <sup>6</sup> So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. <sup>7</sup> Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

### **SERMON DETAILS**

March 22 | Learn more at [thejourney.org/sermons](http://thejourney.org/sermons)

**SIN:**  
THE FRACTURE  
OF TRUST

Week 7 | Sin

God of Creation,  
In the beginning, You made all things—  
a world filled with Your glory and shalom,  
untouched by sin, pain, and death.

**And it was good.**

Yet, as in the garden, we have given in to temptation.  
We doubt Your goodness, grasp for control,  
and chase our own desires instead of trusting You.

**In Your mercy, forgive us, Lord.**

Grant us wisdom and faith to trust Your ways.  
Give us grace to release control,  
to resist what is harmful, and cling to what is good.

**You have given us all we need for life and godliness.**

Holy Spirit, lead us in holiness and righteousness  
in all we say and do,  
and deliver us from the lies of the evil one.  
Form us into a people of gratitude, contentment, and joy.

**May we trust in the Lord and walk in His ways,  
now and forever.**

In the name of Jesus, we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHAT “DISORDERED  
LOVES” CAN YOU IDENTIFY  
IN YOUR LIFE?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 51.

<sup>1</sup> Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.

<sup>2</sup> Wash me thoroughly from my iniquity,  
and cleanse me from my sin!

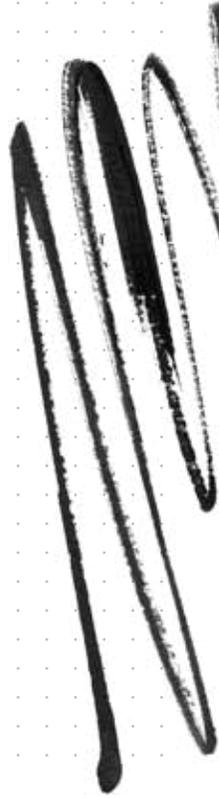
<sup>3</sup> For I know my transgressions,  
and my sin is ever before me.

<sup>4</sup> Against you, you only, have I sinned  
and done what is evil in your sight,  
so that you may be justified in your words  
and blameless in your judgment.

<sup>5</sup> Behold, I was brought forth in iniquity,  
and in sin did my mother conceive me.

<sup>6</sup> Behold, you delight in truth in the inward being,  
and you teach me wisdom in the secret heart.

PSALM 51:1-6



# GENESIS

## 3:8-19

<sup>8</sup> And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. <sup>9</sup> But the Lord God called to the man and said to him, "Where are you?" <sup>10</sup> And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." <sup>11</sup> He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" <sup>12</sup> The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." <sup>13</sup> Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

<sup>14</sup> The Lord God said to the serpent,

"Because you have done this,  
cursed are you above all livestock  
and above all beasts of the field;  
on your belly you shall go,  
and dust you shall eat  
all the days of your life.

<sup>15</sup> I will put enmity between you and the woman,  
and between your offspring and her offspring;  
he shall bruise your head,  
and you shall bruise his heel."

<sup>16</sup> To the woman he said,

"I will surely multiply your pain in childbearing;  
in pain you shall bring forth children.  
Your desire shall be for your husband,  
and he shall rule over you."

# SHAME & DISCORD: HIDING FROM GOD, ONE ANOTHER, AND OURSELVES

<sup>17</sup> And to Adam he said,

“Because you have listened to the voice of your wife  
and have eaten of the tree  
of which I commanded you,

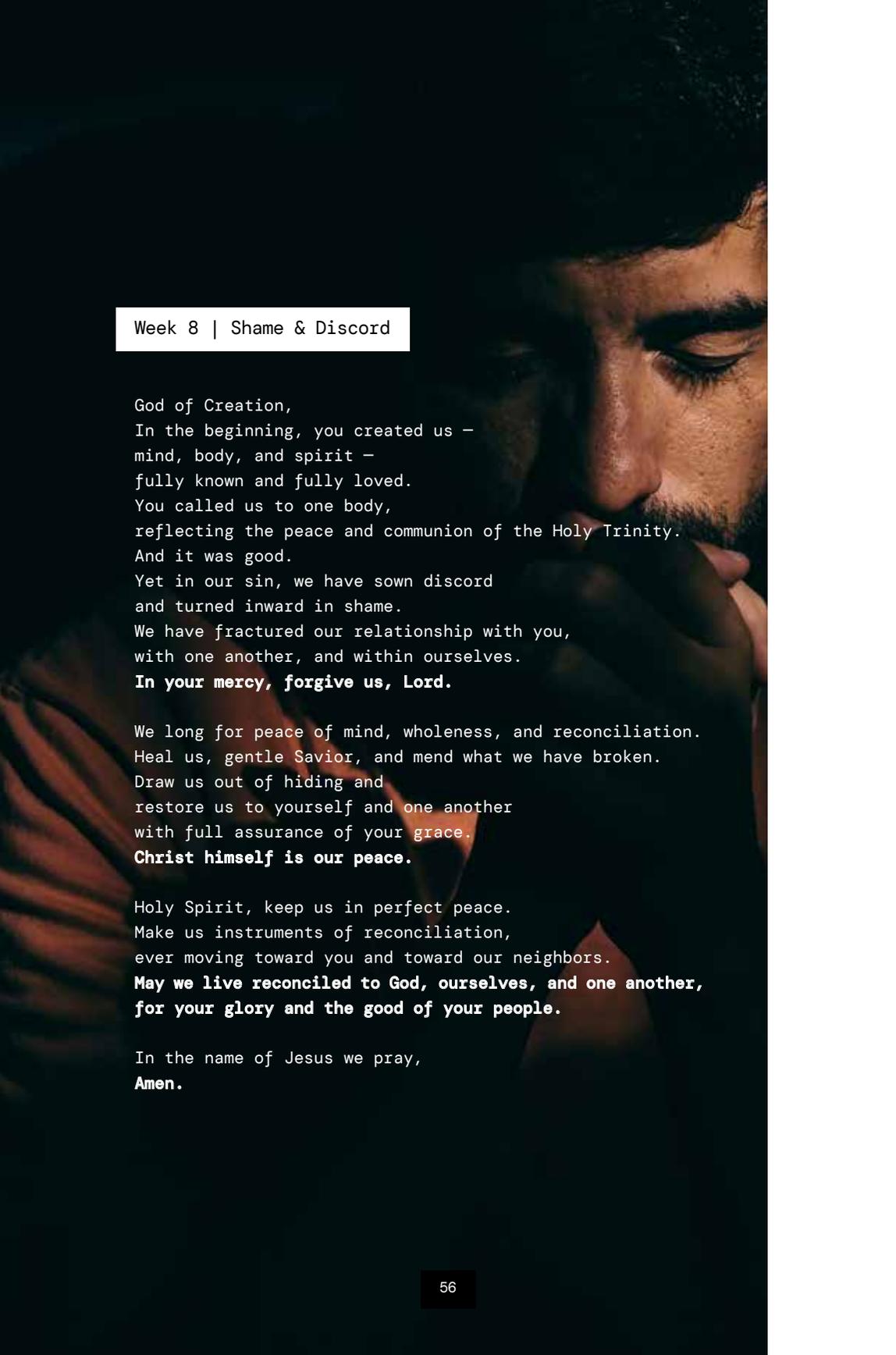
‘You shall not eat of it,’  
cursed is the ground because of you;  
in pain you shall eat of it all the days of your life;

<sup>18</sup> thorns and thistles it shall bring forth for you;  
and you shall eat the plants of the field.

<sup>19</sup> By the sweat of your face  
you shall eat bread,  
till you return to the ground,  
for out of it you were taken;  
for you are dust,  
and to dust you shall return.”

## **SERMON DETAILS**

March 29 | Learn more at [thejourney.org/sermons](https://thejourney.org/sermons)



Week 8 | Shame & Discord

God of Creation,  
In the beginning, you created us –  
mind, body, and spirit –  
fully known and fully loved.  
You called us to one body,  
reflecting the peace and communion of the Holy Trinity.  
And it was good.

Yet in our sin, we have sown discord  
and turned inward in shame.  
We have fractured our relationship with you,  
with one another, and within ourselves.

**In your mercy, forgive us, Lord.**

We long for peace of mind, wholeness, and reconciliation.  
Heal us, gentle Savior, and mend what we have broken.  
Draw us out of hiding and  
restore us to yourself and one another  
with full assurance of your grace.

**Christ himself is our peace.**

Holy Spirit, keep us in perfect peace.  
Make us instruments of reconciliation,  
ever moving toward you and toward our neighbors.

**May we live reconciled to God, ourselves, and one another,  
for your glory and the good of your people.**

In the name of Jesus we pray,  
**Amen.**

Date

Read  Examine

Apply  Pray

**WHAT ARE THE AREAS OF SHAME YOU EXPERIENCE?**

**WHAT TRUTHS ABOUT GOD'S CHARACTER OR PROMISES CAN HELP YOU COUNTERACT THAT SHAME?**

Find time this week to Sabbath. This could be a full 24 hour period, a half a day, or even just a few hours. Start where you can and build from there. The goal of Sabbath, is the encounter Jesus. We recommend a four part structure to your Sabbath: Stop, Rest, Delight, Worship.

As a way to begin or end your Sabbath, read through Psalm 32.

<sup>1</sup>Blessed is the one whose transgression is forgiven,  
whose sin is covered.

<sup>2</sup> Blessed is the man against whom the Lord counts no iniquity,  
and in whose spirit there is no deceit.

<sup>3</sup> For when I kept silent, my bones wasted away  
through my groaning all day long.

<sup>4</sup> For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. Selah

<sup>5</sup> I acknowledged my sin to you,  
and I did not cover my iniquity;  
I said, "I will confess my transgressions to the Lord,"  
and you forgave the iniquity of my sin. Selah

<sup>6</sup> Therefore let everyone who is godly  
offer prayer to you at a time when you may be found;  
surely in the rush of great waters,  
they shall not reach him.

<sup>7</sup> You are a hiding place for me;  
you preserve me from trouble;  
you surround me with shouts of deliverance.

PSALM 32:1-7



