

A person stands on the peak of a dark, jagged rock formation. The person is silhouetted against a bright, glowing sun that is low on the horizon, creating a strong backlight effect. The sky is filled with soft, wispy clouds. In the background, a range of snow-capped mountains stretches across the horizon. The foreground is a dark, textured expanse of land.

EVENING BEGINS THE NEXT DAY

A Genesis Rhythm
From Rest and Clarity to Order
and Divine Desire

Dawn Hall

GENESIS

Then God said:





“Evening came, and
morning followed -
the first day”

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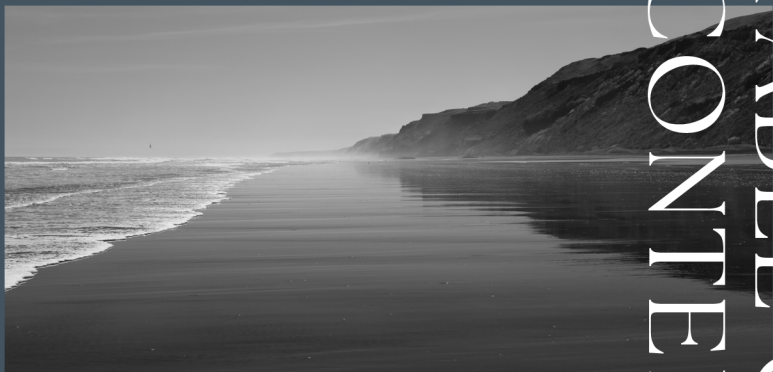
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GENESIS

CHAPTER ONE



In the beginning, when God created
the heavens and the earth -

INTRODUCTION

Evening Begins the Next Day

A Guide to Creation by separation, order, divine desire, bringing the situation/circumstance of nothingness into structure, framework, clarity, choice, freedom, and sense.

Learning a new way that is believed to be the way, as it was written, "Evening came, and morning followed – the first day." (Genesis 1:5).

Unlike our concept of a day beginning in the morning and ending at night, Genesis presents a rhythm repeated six times in chapter one.

So why is this important? Why consider this a better way to live? It's not about better – it's about accuracy. This is a more truthful way to think, plan, and practice a harmonious lifestyle. God's ways are higher than ours.

By resetting our mind and body in the evening, we give ourselves a clean slate. We become more attuned to our soul, which is the beacon guiding us to the perfect will of God. The soul holds direction – the shortest, clearest path to the Lord's peace. Living in God's will doesn't promise a perfect life without trials; it promises inner peace and strength amidst them.



A prepared heart follows the Divine. A prepared heart is a soul rooted in faith, hope, and unconditional love. With such a heart, we don't grow weary when life gets challenging.

Heaven isn't a distant place in the sky. It is within and among us: "on earth as it is in heaven." Our true journey is inward – from head, to heart, to soul, and back again. Not backwards and forwards, just here.

Our external movements may seem directional, but our true journey is about relationship – with ourselves and our Creator.

Are you ready to create something new? To begin again? On Day One – believing that when you awaken, you may have a new vision, idea, or calling that will unfold over seven days through the light of God's Word. Do you believe that God can create something new in and through you in just 7 days, as He created the universe?

For nearly a decade, I practiced the concept of "Evening Begins the Next Day" by winding down intentionally – eating lightly, stretching, avoiding screens, listening to peaceful music, and organizing my next day. But in 2025, it became more than a concept. It became a sacred call.

After a rollercoaster year that started in 2023 – exhilarating and painful – I felt the need to escape. But I knew: wherever I go, there I am. I didn't need escape. I needed healing.

2025, the Sacred Year of Jubilee, brings abundant forgiveness, grace, reflection, restoration, favor, and transformation. I had been preparing to receive these graces. So when I heard within, "Evening Begins the Next Day," my soul rejoiced.

I realized I had journaled those exact words back in 2020, during the height of the COVID-19 pandemic. Was the Lord showing me that now, too, was a threshold moment?

This time, it wasn't about isolation and loss. It was about opportunity – the chance to create something new. For an entrepreneur, this is the ultimate invitation.

I have ideas constantly. My challenge is discerning which ones are from the Lord and which ones feed my own ego.

Now, it felt like the same intensity of change as in 2020, but instead of chaos, the Lord was handing me creation. I finally opened my Bible and read not just the phrase, but the whole first paragraph:

"In the beginning, when God created the heavens and the earth – and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters. Then God said, 'Let there be light,' and there was light. God saw that the light was good. God then separated the light from the darkness. God called the light day, and the darkness he called night. Evening came, and morning followed – the first day."

This book is a guide through Genesis chapter one and two – to co-create with God over seven days.

In 2018, I wrote a 7-day fitness and lifestyle guide, focusing on one daily priority. Sometimes I wonder: why didn't I read the entire creation story back then? Why only those last few words?

But the Lord works in seasons. Back then, He gave me what I needed. Now, He's giving me the whole story. Perfect timing.

After the first evening and into the first day, I could already see what God was doing through me.

This guide is your invitation to do the same. Let the light of Genesis lead you to create something new – not by striving, but by resting in God's rhythm.

Evening begins the next day. Let the evening be your new beginning.

Sunday
Eve

GENESIS

1:1–5

"In the beginning, when God created the heavens and the earth – and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters. Then God said, 'Let there be light,' and there was light. God saw that the light was good. God then separated the light from the darkness. God called the light day, and the darkness he called night. Evening came, and morning followed – the first day."



THE FIRST DAY

Monday, Day 1

The Quiet Creation

Before the noise of living, before the chaos of people, places and things, there was a hush—a sacred stillness where all of creation was held in the heart of God.

In that quiet, the evening came first, cloaked in mystery, wrapping the forming world in divine intention. Darkness was not absence but preparation, a soft canvas for light to enter with purpose.

Creation did not begin with a bang, but with a breath, a whisper of order and love moving across the deep. It was in the quiet that God's voice broke through, not with shouting, but with simple, steady commands—"Let there be"—and so there was. From that holy hush, the world began to unfold, one day at a time, each evening gently giving way to morning.

Reflections

Before anything is seen or shaped, God begins in the quiet.
Darkness is not the end—it's the start of something sacred.
Trust the hush. Listen for the whisper of light.

What is stirring in me right now that feels like the beginning
of something God wants to create?

Where in my life do I sense a holy darkness—not empty, but
full of unseen potential?

What does "Let there be light" mean for me today?



NOTES

Monday
Eve

GENESIS

1:6–8

"Then God said: Let there be a dome in the middle of the waters, to separate one body of water from the other. God made the dome. And so it happened. God called the dome "sky." Evening came, and morning followed - the second day."



THE SECOND DAY

Tuesday, Day 2

Creating in the Image of God's Timing

On the second day, God didn't rush to fill or finish—He simply made space. With wisdom and intention, He separated the waters and placed a dome between them, shaping the sky. No striving, no crowding—just the sacred act of creating room. This speaks to the pace of divine creativity: Not everything must be built at once.

There is holiness in establishing boundaries, in defining what is above and what is below, what is now and what is later. To create in the image of God's timing is to honor the in-between, to trust that space is not emptiness, but preparation. Evening comes first, and in its quiet, the sky is stretched wide with possibility.

God created space before He filled it. He made room before giving it purpose. What may feel like delay could actually be design. The dome of sky is not just separation—it is preparation. In God's timing, there is wisdom in pause, beauty in boundaries, and strength in waiting.

Where in my life is God inviting me to make space—emotionally, physically, or spiritually?

What boundaries need to be established in this season of creation, not to limit but to protect and prepare?

Am I willing to honor the evening—the slow, unseen stretch of time—before expecting to see the fullness of morning?



NOTES

Tuesday
Eve

GENESIS

1:9-13

"Then God said: Let the water under the sky be gathered into a single basin, so that the dry land may appear. And so it happened: The water under the sky was gathered into its basin, and the dry land appeared. God called the dry land "earth," and the basin of the water he called "sea." God saw that it was good. Then God said: Let the earth bring forth vegetation; every kind of plant that bears seed and every kind of fruit tree on earth that bears fruit with its seed in it. God saw that it was good. Evening came, and morning followed - the third day."



THE THIRD DAY

Wednesday, Day 3

The Genesis Path to Renewal

On the third day, something hidden began to rise. What was once covered by water emerged as land—solid, sure, and ready.

In God's time, foundations appear not from force, but from faithful separation and divine gathering. The earth, once submerged, is now called forth to carry life. Not only is the land revealed, but it is also instructed to grow: Seed-bearing plants and fruit-bearing trees, each with the potential to multiply.

Renewal begins not by planting something new, but by uncovering what was already there—waiting, buried, full of unseen promise. God speaks, and the earth responds. He sees, and it is good. Creation moves forward not in haste, but in harmony—with a rhythm that begins in the evening and blossoms by morning.

Reflections

Renewal doesn't begin with planting—it begins with uncovering. In God's rhythm, the hidden becomes seen, and the covered becomes called forth. The land was always there beneath the waters, but on the third day, it was time for it to rise. Then came life—seeded, fruitful, and full of promise. God's timing reveals what has been buried and blesses it with purpose.

What in my life has been submerged or hidden that God may now be calling to the surface?

Where do I see the first signs of renewal, even if small—like seeds or sprouts beginning to grow?

What fruit do I long to bear, and am I willing to begin with the quiet work of rooting and rising before reaching?



NOTES

Wednesday
Eve

GENESIS

1:14-19

"Then God said: Let there be lights in the dome of the sky, to separate day from night. Let them mark the seasons, the days and the years, and serve as lights in the dome of the sky, to illuminate the earth. And so it happened: God made the two great lights, the greater one to govern the day and the night, and to separate the light from the darkness. God saw that it was good. Evening came, and morning followed - the fourth day."



THE FOURTH DAY

Thursday, Day 4

The Divine Way

On the fourth day, God set lights in the sky—not just to shine, but to guide. The sun and moon were not merely beautiful; they were purposeful, ordained to mark time, to distinguish light from darkness, and to govern rhythm and season.

This is the Divine Way: Beauty with intention, illumination with direction. God does not leave us wandering in the dark; He places signs in the heavens to remind us of where we are in the story—what season we're in, what time it is for our souls.

When we follow His light, we are not hurried, but aligned. In His way, the light rules the day, but even the night is held within His design. Evening still comes first—quietly ushering in a new awareness of how God orders time and purpose with gentle wisdom.

Reflections

God placed lights in the sky not only to shine, but to give rhythm, to guide time, and to mark the unseen turning of seasons. The Divine Way is ordered, intentional, and filled with quiet signs that help us understand where we are and where we are going. Even when darkness returns, it does not mean we are lost—it means God is still governing the night. In His way, light and dark both belong.

What “season” of life am I in right now, and what is God teaching me through it?

Where do I need to pause and realign with God's rhythm instead of rushing through my own?

What lights—habits, truths, or people—has God placed in my life to help me navigate this time?



NOTES

Thursday
Eve

GENESIS

1:20-23

"Then God said: Let the water teem with an abundance of living creatures, and on the earth let birds fly beneath the dome of the sky. God created the great sea monsters and all kinds of crawling living creatures with which the water teems, and all kinds of winged birds. God saw that it was good, and God blessed them, saying: Be fertile, multiply, and fill the water of the seas; and let the birds multiply on the earth. Evening came, and morning followed - the fifth day."



THE FIFTH DAY

Friday, Day 5

Expect The Unexpected

After days of forming and ordering, God surprises the silence with abundance. Waters once still now teem with life. The sky, once vast and open, suddenly fills with the flutter and cry of winged creatures. There is a wildness to this moment—a holy burst of motion and sound. Expect the Unexpected becomes the theme of the fifth day.

God creates not just with order, but with imagination. From the deep, sea monsters rise; from the air, birds soar. It is a day of aliveness and awe, a reminder that in God's story, the extraordinary often emerges from what once felt empty.

And when it does, it comes with blessing: "Be fruitful. Multiply. Fill." In our journey of creating with God, this is the day when we learn to welcome surprise—to watch in wonder as still waters suddenly move and skies once silent sing.

Just when the world seemed settled and quiet, God filled it with movement, sound, and life. From deep places, new things emerged—unpredictable, untamed, and fully alive. This is God's creative nature: Not always linear, but always full of wonder. The fifth day invites us to trust that even in our stillness or waiting, God may be preparing something wild and beautiful just beneath the surface. And when it comes, it often arrives with a call to expand—"Be fruitful. Multiply. Fill." Life with God is rarely predictable, but it is always good.

Where might God be stirring up new life in areas you thought were finished or still?

Am I open to surprise in my creative process with God, even if it doesn't follow my plans?

What has recently arrived in my life that feels unexpected—could it be God's invitation to multiply, to expand, to fly?



NOTES

Friday
Eve

GENESIS

1:24-31

"Then God said: Let the earth bring forth every kind of living creature: tame animals, crawling thing, and every kind of wild animal. And so it happened: God made every kind of wild animal, every kind of thing that crawls on the ground. God saw that it was good. Then God said: Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth.

God created mankind in his image; in the image of God He created them; male and female He created them.

God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth. God said; See, I give you every seed-bearing fruit on it to be your food; and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened. God looked at everything he had made, and found it very good. Evening came, and morning followed - the sixth day."



THE SIXTH DAY

Saturday, Day 6

The Soul's Beginning

On the sixth day, creation reached its crescendo—not with thunder, but with intimacy. God shaped living creatures from the earth, wild and tame, crawling and free. And then, with holy pause and divine conversation, He formed humanity. Let us make human beings in our image. This was no ordinary moment—this was the soul's beginning.

Fashioned in likeness, blessed with purpose, and entrusted with care, mankind emerged not just as creation, but as reflection. God gave authority, yes—but He also gave Himself: Image, breath, and calling. Male and female, distinct yet unified, held the imprint of heaven.

This day is not just about power—it is about identity. The soul's beginning reminds us that we were not made to simply exist, but to embody God's presence, tend to His world, and walk in His likeness. And when He looked at everything, including us, He called it very good.

Reflections

The sixth day is not just the birth of humanity—it is the beginning of the soul's sacred purpose. We were made in the image of God, not to mirror perfection, but to reflect His presence. We were given the earth not as owners, but as caretakers. Our very design speaks of relationship—with God, with creation, and with each other. This is where our calling begins: in likeness, in love, and in the responsibility to tend to what is good. And when God looked at it all—including us—He didn't just say "good." He said, very good.

What does it mean to me personally to be made in the image of God?

In what ways am I being called to reflect God's likeness in how I create, lead, or relate to others?

Where in my life do I need to pause and hear the words "very good" spoken over what I usually overlook or criticize?



The Sixth Day has ended

You've made it through the forming, the separating, the blessing, the naming. Day by day, you walked alongside the voice of God, watched land rise from water, light split from darkness, seeds stretch toward the sun, and breath fill dust until it walked. You've stood in awe of creation—of your creation. You've seen how God called it good, and how each day prepared you for something more than just doing. Now, something ancient stirs. Not a command. Not a task. Not another mountain to climb.

Just this:
Be still.

The sixth day has ended. The sun has set. And now, it's time to remember that Evening Begins the Next Day. This is not a slowing down. This is a sacred entering. This is not the absence of movement—it is the presence of God unfiltered by our striving. It is the divine exhale. The “very good” that follows the work. The moment when nothing more is added... and yet, everything becomes more.



NOTES

REVIEW

The Evening Way: Embracing the Quiet Start

As we began this journey with the opening words of Genesis 1:1, we were invited into a rhythm, a dance of creation that unfolded in the quiet, unseen moments. "Evening Begins the Next Day" became the anchor we held, grounding us in the understanding that before anything can be seen or shaped, there must first be the unseen—the waiting, the stillness, the deliberate preparation.

In the first days of creation, God Himself modeled this sacred rhythm: He spoke, separated, and began to form—but always with a deep, patient pause that ushered in the next stage of life.

As we moved through the first chapters, we found ourselves drawn into the quietness of this evening rhythm, embracing the pace of creation that was neither rushed nor frantic. It was a gentle invitation to trust that even in silence, God was working.

Morning Clarity: The Light of Purpose

And then came the morning—the clarity of purpose, the sudden illumination of all that was beginning to take shape. From the darkness of the deep came the light of day. This light did not simply expose—it revealed the divine design, the intention behind each unfolding step.

The days progressed with a steady unfolding: The sky was formed, the land emerged, vegetation began to grow, and creatures filled the seas and skies. Yet, each day was not about seeing the end result; it was about trusting the process and seeing that it was good, even when the fullness had not yet come.

In the midst of this movement, we too were invited to reflect on the divine purpose we were walking into. With every question we asked, with every layer we peeled back, we found that clarity didn't come all at once—it came with the steady rhythm of evening giving way to morning.

The Divine Way: Embracing God's Timing and Rhythm

As we continued through this journey, we were reminded of God's incredible timing. The Divine Way, revealed through the heavens, marks time, governs rhythm, and ensures that creation flows in harmony.

The sun, moon, and stars weren't just placed for beauty—they were placed to separate night from day, to guide the seasons, to mark the turning of time.

It is in God's perfect timing that we see not only order but beauty. And like the stars that shine in their season, we too were called to shine in ours—not by rushing ahead, but by trusting God's rhythm.

Expect the Unexpected: The Unforeseen Blessings of Creation

Day five opened our eyes to the unexpected: the bursting forth of life from waters and skies. From stillness to movement, from quiet to chaos, we witnessed the beauty of abundance—a wild and free-spirited creation that came forth with the blessing to multiply.

God, in His creativity, delights in surprises. Life that had been waiting below the surface suddenly teemed with unexpected creatures and life, each one an expression of divine creativity and imagination. This was a moment of joy and awe—where the boundaries of our expectations were stretched, and we were invited to celebrate not just what was planned, but what arrived unbidden, beautiful, and full of life.

The Soul's Beginning: Humanity in God's Image

And then came the soul's beginning—the creation of humankind, made in the image of God, given dominion, purpose, and responsibility. It was here that we learned our true calling—not just to exist, but to reflect God's image in the world around us.

We were not made to merely fill space, but to live with purpose, care, and stewardship. God did not make us by accident or without intention—He made us to reflect His very nature, to walk in His likeness, and to care for the world He had created. This day was a profound moment, reminding us that we, too, are part of the divine design, called to multiply, to lead, and to steward with love and wisdom. > 33

The Grand Crescendo: A Day of Rest

And now, as we enter the seventh day—the day of rest—we stand at the climax of creation. Everything has been brought forth, every plan laid out, every creature given its purpose. The work is finished. And yet, God did not call us to rush to the next task. Instead, He invites us to pause—to rest, to step back, and to gaze upon the beauty and wholeness of everything that has come into being.

The seventh day is not just about physical rest; it is about resting in God's presence, marveling at the work He has done, and recognizing that it is good—very good. It is a sacred invitation to do absolutely nothing, to enjoy, to reflect, and to surrender to the awe of His creative power.

The grand crescendo that started in the quietness of evening, that danced through days of creation, now pauses—offering us the space to simply be.

This moment is not a closing, but a turning point—a reminder that our creative journey, too, is incomplete without rest. It is in stillness that we are renewed, refreshed, and reminded of the divine rhythm of the world.

Conclusion: The Rest of Creation, The Rest of Us

As we pause on this seventh day, we realize that it is in rest that we find the fullness of creation.

We are invited not only to work, but to rest in what has been brought to fruition. And in this rest, we find the beginning of something new—renewal, rejuvenation, and peace.

We are called to follow God's example, to rest in the good work He has done, and to trust that His plans for us are always unfolding in the perfect timing of His will.



PRELUDE

Welcome to the seventh day—
Not a day of lack.
Not a day of delay.
But a day of divine fullness.
The world around you may keep spinning, racing toward the
next thing. But not here. Not now.
Here, you're invited to stop—to enter the holy rhythm God
established, not as a rule, but as a gift.
The seventh day is not an ending.
It's a holy beginning.
It's what you've been working toward, and what you've been
created for.
So come. Unclench your hands. Lay down your plans.
Let the world wait.
God is already here.
And the rest of the story... begins with rest and gratitude

The Rest of the Journey

But this is not the end. What comes next is not a conclusion,
but an unfolding. As we enter Chapter Two of Genesis, we
step into a new space—a space where we can truly rest in
God's presence and reflect on the life He has created. Here,
we will find more than just a physical rest; we will find rest for
our souls, rest in the deep knowing that all is well. This is the
grand invitation that awaits us in Chapter Two—the invitation
to do nothing but rest in awe, in wonder, and in the joy of
creation.

GENESIS

CHAPTER TWO



God blessed the seventh day and
made it holy-

COMPLETE

There is a hidden invitation woven through the opening chapters of Genesis—a truth quietly pulsing beneath each sunrise, each spoken word, each unfolding moment of creation. It is this: From the very beginning, everything was already complete. Not perfect in the way we often strive for perfection, but whole. Designed with care. Formed with intention. Saturated with divine wisdom. And what if, right now, right where you are, you, too, are standing inside that completeness?

We often believe we need to achieve something more before we can feel satisfied—another milestone, a breakthrough, a sign that we're finally "enough." But the story of creation doesn't end with striving. It begins with order, beauty, and a sacred rhythm. Six days of shaping, separating, forming, and blessing... and then something unexpected: a pause.



A holy stillness. A moment where nothing more was added, because nothing more was needed.

This is the space Genesis Chapter Two is preparing you for—not a new task, but a new awareness. You are not behind. You are not lacking. You are not waiting to begin. You are here, and all things are ready.

Heaven Within

What if heaven is not only a distant hope, but a present reality waiting to be uncovered within us? >>>

From the swirling galaxies to the seeds beneath the soil, God filled the earth with wonder and called it good.

But humanity was not just given the earth—we were entrusted with it. Placed within this masterpiece, we were made in the image of God, called to mirror divine creativity, love, and stewardship. That image is not found in perfection, but in reflection—reflecting the heart of the One who made us.

When we learn to stop reaching outside of ourselves for meaning and instead turn inward to the presence of God that dwells within, we awaken to something sacred. Heaven is not far away. Heaven is near. Within the quiet chambers of your soul, God has already made a dwelling place. The Kingdom is within you. And you are already enough to carry it.

Restoring Your Life in 7 Days

The rhythm of creation is not just a story from the past—it is a map for the present. God didn't create the world in a rush, nor in chaos. He moved with purpose, placing light before vegetation, water before animals, time before work. There was a divine order that reveals something essential: restoration doesn't happen all at once.

It happens in rhythm. In days. In stages. In seasons. Each of the six days before the seventh builds toward something deeper than productivity—they build toward peace. The peace of knowing you are exactly where you need to be. The peace of understanding that every step, every breath, every pause is holy when offered to God.

The divine clock leads us into a holy cadence—one where we partner with God, not as slaves to time, but as stewards of it. We are not cogs in a machine. We are co-creators with the Creator. And the key to moving in time with heaven is not doing more—it's desiring more of God. Because when you seek Him first, all other things will be added. He is not a God who withholds, but one who delights in giving. He does not ruin the ending—He reveals it slowly, as an unfolding mystery that draws you ever closer to His heart.

A Life Already Whole

So here you are, at the edge of Chapter Two. You've walked through light and water, seed and soil, sun and sky, bird and beast, breath and body. And now—what comes next? >>>

You stand in the moment before the stillness. And that moment is holy.

You are not behind. You are not missing anything. You are not waiting for worth to arrive.

You are complete.

Let this be the breath before the rest. The knowing before the pause. The awe before the wonder.

Because what waits for you next is not the end of the journey, but the beginning of dwelling fully in what God has already made—and called very good.

And here's the mystery: This rhythm is available to you every week. You don't have to wait for a new year or a major breakthrough to begin again. You only have to open your week to God. Each day can be a new canvas. A new unfolding. A new chapter. And at the end of each week, you are invited not to hustle harder—but to rest. To believe that the work, the effort, the journey was enough. That you are enough.

Living by the Divine Clock

There is a clock we rarely hear ticking, yet it governs all of creation: The divine clock. Unlike the loud demands of the world's deadlines and alarms, this clock moves to the sound of God's voice. It does not rush. It does not delay. It is always on time.

To live by the divine clock is to trade anxious striving for steady trust. It's to seek God's wisdom above your own, believing He knows when to build and when to wait. When to speak and when to listen. When to create and when to rest.



NOTES

Saturday
Eve

GENESIS

2:1–3

"Then God said: Thus the heavens and the earth and all their array were completed. On the seventh day God completed the work they had been doing; he rested on the seventh day from all the work he had undertaken. God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation."



THE SEVENTH DAY

Sunday, Day 7

On Earth As It Is In Heaven

In the stillness of the seventh day, heaven kissed the earth with peace. The great work of creation—every star, every seed, every breath of life—was not just finished; it was fulfilled. God did not rest because He was tired, but because He was satisfied. The rest was not an absence of action, but the presence of wholeness. Here, in this sacred pause, God established something eternal: A rhythm of divine contentment, a day blessed and made holy.

On this day, God set a pattern not only for the heavens, but for humanity. We are not merely invited to observe this rest—we are called to embody it. To live in such a way that our work, our relationships, our very being reflects heaven's peace here on earth. This is the blessing: To create with God and then to rest with God, knowing that what has been shaped together is good and complete. On this seventh day, eternity whispers its promise—that on earth, as it is in heaven, we are held in the fullness of divine joy.

“Evening begins the next day... in rest, we return to Eden.”

On the seventh day, we are not told to do more—we are told to be still. God’s rest is not a break from exhaustion but a declaration of completion. In this sacred pause, we are drawn into God’s own rhythm: A rest that renews, a rest that blesses, a rest that sanctifies. The holiness of this day is not found in productivity, but in presence. This is the moment when we stop striving and start beholding. We look upon what God has done—in creation, in us—and we learn to delight in it. Sabbath is not simply a commandment; it is an invitation to return to what we were made for: Communion, peace, and joy with God. It is here, in holy rest, that heaven and earth align—and we remember who we are.

What does it mean for you personally to “rest” with God? Is it something you resist or welcome?

What would it take for you to honor a true Sabbath in your life—not just a day off, but a holy pause?

How does the idea of “On earth as it is in heaven” change the way you live, rest, and create?



NOTES

PRELUDE

Gratitude Into the Quiet Glory

The seventh day has closed. The stillness has settled.
You entered the holy pause—not to escape the world, but to remember
what anchors it.
You tasted the sacred rhythm that God set in motion: Not just work and
wonder, but rest and reverence.
Now, something quietly lingers.
Not urgency. Not noise.
But a fullness.
A deep knowing that the presence of God was never meant to be a
moment, but a dwelling place.
You've laid it all down—your plans, your pace, your proving.
You let the silence speak, and it whispered truths that striving never
could.
Now, from that stillness... comes something new.
Gratitude.
Not the kind that rushes past, but the kind that roots itself deep.
The kind that sees with new eyes—because rest has reshaped your vision.
What was once ordinary now glows with quiet glory.
The breath in your lungs.
The light on your path.
The people entrusted to you.
The purpose reawakening within you.
This is the gift on the other side of rest—not a return to busyness, but a
return to being.
A heart postured to receive, to remember, to rejoice.
So, as you step forward from the seventh day, don't leave the rest behind.
Let it travel with you.
Let it deepen your gaze, soften your pace, and open your hands.
Gratitude is the language of those who've truly rested.
And in that gratitude, glory begins to rise—not loud or flashy, but quiet,
steady, true.
Welcome to Chapter Three:
Where gratitude leads the way.
Where glory lives in the quiet.
Where your next becoming begins.

GENESIS

CHAPTER THREE



Gratitude is the posture of the soul
that sees clearly.

GRATITUDE

Gratitude: The Eternal Response

There are no words that can match the beauty of what we've received. And yet—thank you begins to open the door.

We did not earn this walk through creation. We didn't forge the light, shape the seas, plant the seed, or breathe life into dust.

We simply showed up, heart open, spirit willing—and God met us with everything. Every day of this journey has been a gift.

We were invited into the making of the world, not as spectators, but as beloved co-creators.

And all of it—every drop of light, every word spoken, every blessing given—was done by grace.

We didn't have to bring perfection.

We didn't have to understand the mysteries. We didn't need to know where we were going. We only needed to trust.

Gratitude is the posture of the soul that sees clearly: God was with us before the beginning, He is here in the resting, And He will be with us in what comes next.



Gratitude says:

"I receive this gift with open hands."
"I see how generous You are, God."
"I am content, because You are enough."

And from this contentment comes abundance—not just of things, but of meaning, peace, and deep-rooted joy.

To be grateful is to remember that we are not alone. To be grateful is to dwell in the divine rhythm of enough.

God gave us the pattern. Genesis revealed it. And now, as we prepare to move forward, we carry this truth in our bones:

Gratitude transforms everything.
It is the seed of every new beginning.
It is the quiet echo of "very good."
It is the path back to God—every single time.

Reflections

Grace gave us this journey.

Not effort.
Not expertise.
Not perfection.

Just open hands, a willing spirit, and the breath of God
calling us forward—day by day, word by word.

And now, we pause.
Not to achieve, but to acknowledge.
To let the sacred weight of what we've received settle in
our hearts.

Gratitude is the soul's way of saying,
"I see it now, Lord. You've always been giving."
The light, the sky, the land, the rhythm, the breath, the
blessing—

All of it a gift.
All of it good.
All of it from You.

Let this be the moment where gratitude becomes a rhythm.
Let this be the day where thankfulness deepens into
contentment.

Let this be where you realize:
You are already standing on holy ground.

Reflections

What surprised you most about this journey through the seven days of creation?

What did God reveal that you didn't expect?

How has your understanding of "enough" shifted as you walked through each day?

What are you most grateful for right now—in this exact season of your life?

How might living in a posture of gratitude shape your week ahead?



LET'S CONTINUE THE JOURNEY TOGETHER

It's such an honor that you would take the time to walk this Genesis path with me.

Every step of this journey—every forming, separating, blessing, naming—has reflected the way I've walked with the Lord through my own life. Keeping Him as my North Star has been the greatest adventure, and it fills me with joy to now share it with you.

Everything I've learned, everything I've lived, continues to stir within me—leaping to the surface until I can finally write the words I believe represent God in truth. I write by faith, always trusting that His grace is sufficient and that His wisdom will shape every message, every moment. This path hasn't always been easy—but it has always been worth it.

I wouldn't trade the seven years of illness, seasons of homelessness, or the countless circumstances that kept me clinging to the Lord's presence. Each challenge only deepened my dependence on Him, and taught me to see with new eyes. It's true what the Scriptures say: The fear of the Lord is the beginning of wisdom. For the first 38 years of my life, I lived fearlessly—and in hindsight, I realize how foolish that kind of fearlessness can be. The kind




I live by now is different: it's a holy, reverent fear. One that acknowledges I am not in control, and that every choice I make is an opportunity to seek His guidance.

This holy fear is not paralyzing—it's freeing. It anchors me in peace as I make decisions and face challenges. It's the quiet confidence that God is with me always, directing my steps with perfect love and perfect wisdom.

So I invite you—let's keep going. Let's continue this journey of becoming together. There's more to discover. More to grow into. More to live with holy boldness and gratitude.

Let's keep walking in grace, wisdom, and the quiet glory of God's presence—side by side.

With love and faith,
Dawn 

WHAT'S NEXT?

What's Next: Where Your Journey Continues

You've just completed something sacred. Not merely a devotional, or a reading plan—But a soul-stirring walk through the very beginning of all things, hand in hand with your Creator.

So... what now?

This is where the real journey begins—with you. Because you weren't just made to read about creation. You were made to create—with God.

Evening Begins the Next Day: A Way of Life

What if this rhythm didn't end on day seven? What if this seven-day journey wasn't just a chapter... but a foundation?

That's exactly what author and creator Dawn Hall believes. Dawn is not just a writer. She's a builder of communities, businesses, wholeness, and wellness.

With over 35 years of experience in health and entrepreneurship, Dawn has translated the Evening Begins the Next Day lifestyle into every area of life:

Dawn Hall Fit: Personal Fitness & Soul Wellness

Looking to care for your body while nurturing your spirit?

- Dawn Hall Fit is more than a fitness program—it's a path to restoration.
- Explore her Supplements and her Genesis to Revelation Fitness Guide & Planner, designed with the same wisdom-infused rhythm you just experienced.
- Step into movement that honors your body and aligns with the seasons of your soul.

"Fitness is a form of worship when done with purpose." —Dawn Hall

Avva Rose Skincare: Beauty Rooted in Nature

Gentle, botanical skincare that's safe for all ages and skin types.

- Avva Rose Skincare reflects the beauty of creation done right—pure, intentional, nourishing.
- Each product is hand-selected to care for your skin without compromising your health or your values.

Shaping Women Naturally Magazine & Events

If you're a woman in business, this is your home.

- SWN lifts, connects, and empowers women entrepreneurs.
- In just over a year, over \$100,000 in grants have been awarded to support women's business growth.
- The magazine shares real stories of women walking out their calling with grace, grit, and God's timing.

"Business is a form of faith when done with God at the center."

Books by Dawn Hall

Ready for more depth, more honesty, and more sacred structure in your life?

- Boundary Lines in Pleasant Places – A healing journey of identity, space, and peace.
- One Priority: 7 Days – A deep dive into living intentionally, one week at a time.
- The Collective Promise – Perhaps her most beloved work, a declaration that we rise better when we rise together.

Dawn doesn't claim to have it all figured out. She knows what it's like to build with less pride and more purpose, to succeed outwardly while struggling inwardly, to feel powerful but unanchored.

That's why she created these resources. Not because she had all the answers... But because she learned to ask better questions—And found God waiting in the quiet.

What's Possible for You?

You are already enough. You are already on holy ground. And you already have everything you need to begin again.

The invitation is simple:

Keep walking.

Keep creating.

Keep resting.

Keep trusting.

And if you need a companion for the road ahead...

Dawn's already waiting, arms full of resources, heart full of grace, and always leading from this truth: Evening begins the next day.

Please visit:
www.dawnhallfit.com
www.avvaroseskincare.com
www.shapingwomennaturally.com

DEDICATION

This is for you, Regina.

I didn't know it at the time—but I should have—because I thought of you with every stroke of the keyboard. I'm not a naturally gifted typist; I type more like a chicken pecking keys, often dreading the moment I look up to see all the mistakes. But not with this book.

With this one, I felt like you—typing fluently, not missing a beat. I was checking my phone, talking to the dog, pondering graphics... and when I finally looked up, not a single error. That's when I knew something was different.

It only took seven days to write this book. Seven days to craft the words, the visuals, the message. All that was left was to have lunch with you—and in that moment, it became perfectly clear: This was for you.

You've always brought your sparkle and brilliance to everything I write—your edits, your insight, your care. You've been my trusted editor for years, refining each word with excellence and grace.


But this time was different.

This time, the book wasn't just edited by you—it was created for you. It felt less like editing and more like co-creation, as if the words had been written in advance to meet you right where you are, in this very season.

As you sat across from me, my dear friend of over 20 years, sharing the season you were in, I realized what God was doing. We both sensed that in seven days, your life was about to change. We didn't know how—but we knew Who did. And when I asked if you would walk through the journey yourself—through *Evening Begins the Next Day*—we both felt it. Tears of joy and deep relief filled our eyes.

It was springtime in Houston. We were at our favorite restaurant, sitting in the same booth, ordering the same thing. You, as always, were Barbie-beautiful: Sparkle and bling beyond makeup and jewels. But it's your soul that shines brightest—a glow of beauty from God within.

Thank you for being my faithful and faith-filled friend. We are alike in so many ways, and so beautifully different in others—like perfectly paired morganite gemstones. Rose pink and natural peach-pink, side by side. A perfect blend, created by Him, to fulfill His purpose on earth as it is in heaven.

Your Sister in this Journey,
Dawn 



EVENING BEGINS THE NEXT DAY

For over three decades, Dawn Hall has found a special place in the hearts of many—not only as a soulful and gifted writer, but as a health and fitness professional, philanthropist, skincare founder, and a generous giver by nature. She has a way of making you laugh, and on occasion, cry with her. Her presence is as inspiring and healing as her words.

Now, what began as a personal revelation has become a movement:
Evening Begins the Next Day.

Women and men around the world are embracing this practice, inspired by the creation story in Genesis. The results have been nothing short of miraculous—lives reordered, minds renewed, bodies restored, and faith awakened.

This book is your invitation to live by the light of those first seven days.

Dawn is known for helping people—especially women—reconnect with themselves, create new routines, and realign their priorities using her signature 7-day framework. It's a method that has proven successful time and time again in her coaching, teaching, and business-building.

And now—she's done it again.

Dawn believes in transformation through bite-sized wisdom—which is why most of her books are under 100 pages. "People want to see results," she says. "So I combine simple thoughts with scripture in a simple way, to bring about effective and efficient results week by week."



Yes, her books are rooted in faith—but they've resonated with people from all walks of life. Whether or not you share the same beliefs, many have found real change, a sense of peace, and a refreshing perspective through her words.

For those who long for grace and seek truth, these pages were written with you in mind.

Because when wholeness begins within, it ripples outward—shaping how we love, how we live, and how we see the world. And in those quiet ripples, peace begins to grow.