

**Introduction:**

- I am starting a new topic today: Entering Into Rest. Sound good? Instead of our fall 21 day fast this year we are going to focus on 21 days of rest.
  - I will take a few weeks and speak about 'Rest' I may write a few devotionals on rest.
  - I will challenge all of us to prioritize rest in our lives.
- I find it interesting that on the start of this series Fox New published an article last Thursday.
  - The idea of taking a silent walk might seem completely intuitive – but on TikTok, people are taking part in a challenge to stroll without the accompaniment of music or podcasts. Their goal? Boosting their mental health. Content creator Mady Maio sparked the trend, after posting a video, that claimed walking without headphone noise granted her brain the space think freely. She described the experience as "mayhem" for the first two minutes, when the "mind is racing" and anxiety ensues. "But something happens after two minutes, where your brain just gets into this flow state and everything is quiet. And suddenly, you can ... hear yourself." The creator suggested that listening to music and podcasts doesn't allow the brain to have "space" to welcome new ideas. "Every time I finish a silent walk, I have a new idea for my business, I've untangled a weird situation in my head that I've been ruminating over and I feel like a lot of my current question marks get answered," she said.
  - Triple board-certified psychiatrist Dr. Raafat W. Girgis said he considers silent walking a "unique meditation" that can promise "numerous benefits in as little as 10 minutes, Participants will learn how to reduce stress in areas of concern – from work and family to finance pressures and possibly even world affairs," said Girgis." Learning how to block out the noise of the world and life in general is the primary goal of silent walking," he added. External noise causes brain stimulation in the nervous system, he said, which "responds by raising levels of stress hormones (endorphins) in the brain." Silent walking can also improve mood by combining body movement and exposure to nature, which allows the brain to "naturally release endorphins," he continued. "The body, mind and soul are connected," Girgis said. "While in nature, removing the stressors and replacing them with quiet thought with no interference ... your mood improves naturally. "Learning how to block out the noise of the world and life in general is the primary goal of silent walking." "Your mind clears, and your thoughts are more organized and positive." Silently walking in nature allows the brain and body to focus on the present moment, Girgis said, while staying mindful and reducing excessive, repetitive thinking that can cause stress and worry. **Silent walking' trend:** By Angelica Stabile; Published August 31, 2023 Fox News. That was a secular perspective from the scientific realm.
- Our text today, Genesis 1:31-2:3, ESV- *"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. Thus the heavens and the earth were finished, and all the host of them. 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. 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.”* (Genesis 1:31–2:3, ESV)

- God gives us language for rest. God lays the ground work for rest. God invites us to rest.

## I. God Gives Us Language For Rest

- A. Finished. 2:1; 2:2, Hebrew - Kala - “the basic idea of this word is to bring a process to completion.” TWOT. On the sixth day God finished. (2:1) He finished with all of His creating. And 2:2 says that He was finished with His work, therefore He ceased working.
1. This study is convicting me in that I very often never stop. I.e. In fact, Kelly will tell you that when we go on vacation, it takes me 7 days to get to a place where I am not working. I think about people, I think about sermons, I think about devotionals, I think about how I can get more people involved... what do you think about?
  2. To enter into rest we have to learn how to cut the cord from work, finance, etc, etc, those things that keep you awake at night or keep you up late at night working. I can't give you all the answers today so come back and let's learn how to do this together.
- B. Rested. 2:2. Heb - sabat - a verb meaning to stop working, or complete working, to bring all work to an end, separate from, to sever. It is not *shabbat*
1. “*He rested from*” Hebrew word for ‘from’ - means in the face of all His work. Looking upon all that He had done, God stepped away ‘from.’
  2. He stepped away from what He had done. ( Past Tense) I do not think we step away from what we have done or are doing...long enough or far enough from.
  3. Sometimes we need to ‘cut the cord’ with all we are doing and cease.
- C. Seventh - ‘sebit’ seventh which later became “sabbat.” It became known as the seventh day of the week. The day on which God ceased creating He rested. The day that God commanded Israel to enter into rest at giving of the ten commandments.
- D. The word “Sabbath” (שַׁבָּת, *shabbath*), which means “cease,” “rest,” “complete rest,” or “desist,” Babcock, B. C. (2016). Sabbath. In J. D. Barry, D. Bomar, D. R. Brown, R. Klippenstein, D. Mangum, C. Sinclair Wolcott, L. Wentz, E. Ritzema, & W. Widder (Eds.), *The Lexham Bible Dictionary*. Lexham Press. Used in Ex 20:8-11 You, your family, guest, and animals stop working on 7th day.
- E. Rest NT - Greek. anapauso - Matthew 11:28-29 “*I will give you rest.*”
1. To cease from work, to give rest, to refresh. It can be both physical (Jesus took them aside to rest) or it can be spiritual (the people’s testimony refreshed Paul and his friends.)
  2. ‘Katapausin’ means to cause to cease. I.e. Heb 4 - Jesus will cause us to enter into His rest.

F. We have some terms, now let's begin to see how this applies to us.

## II. God Lays The Groundwork For Rest

- A. God is at rest when He starts. Creating does not stress Him out! Nor does it weary Him.
1. He is omnipotent! That means He is all powerful.
    - a) He does not tire out. He does not need to be refreshed. He is always at His apex.
    - b) *"Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change."* (James 1:17, ESV) He is always the same... Yesterday, today and forever!
  2. Evening and morning are the first - six days. (each day starts in the evening with rest)
  3. Man's first day on the job is a day of rest. (Each week starts with rest). The week starts with the sabbath.)
  4. I am hearing God say that the seventh day, the day of rest, is very important.
    - a) each new day starts with rest
    - b) we rest before each week begins!
- B. The beginning. God finished His work on 7th day.
1. *"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. 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."* (Genesis 2:2-3, ESV)
  2. God blessed the seventh day and made it holy!
    - a) Blessed comes from the Hebrew word 'Barack'. It is the same word used in Genesis 1:28. God blessed Adam and Eve.
    - b) *"To bless in the OT means "to endue with power for success, prosperity, fecundity, longevity, etc." Oswald, J. N. (1999). 285 בָּרַךְ. In R. L. Harris, G. L. Archer Jr., & B. K. Waltke (Eds.), *Theological Wordbook of the Old Testament* (electronic ed., p. 132). Moody Press. The Greater always blesses the lesser!*
      - (1) God endued the seventh day with power for success, property and longevity. It means to graciously place abundant life on something. Connect your faith to that word!
      - (2) IE. As a boy I remember the intense discussions at my grandfathers house about working on Sunday. It seemed that every time work was done on Sunday, something broke. Vs. Let your ox out for water. Sometimes you have to bring in your harvest because it is going to rain.
      - (3) I watched my family make the shift to not working on Sunday.
      - (4) Matthew 12:5 Priests work/desecrate on Sabbath yet are innocent.
    - c) He made/consecrated the seventh day as holy.

- (1) He set it apart from all other days.
- (2) It was to be a special day consecrated to God for man. The sabbath was made for man. God had us in mind when He blessed the seventh day.
3. All because He rested from all His work on that day.
4. Evening and morning were the first six days.
  - a) There is no 'evening and morning' on the seventh day. Why?
  - b) Because God was finished! Evening and morning are designations that something had been started and finished by God.
  - c) The Hebrew word for day is 'Yom.' There were six 'yoms' and on the seventh "YOM" God rested. It was still a day but God was doing nothing but spending time with Adam and Eve and His creation!
- C. *"For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."* (Exodus 20:11, ESV) 20:8-11
  1. Exodus 20:8-11 is about the fourth commandment.
  2. God declares: "Remember the sabbath day/ 'YOM' and keep it holy." It is a day made for you (man). Set apart for you! It is different from all other days because you are not to work but to enjoy Me and each other. (Hmmm...love God and each other.)
  3. The fourth command is the only command with commentary on it by God.
    - a) Work six days. On the seventh - rest only. Now the ongoing question for us is how do we do that?
    - b) It is a sabbath to the Lord. We cease work to encounter God/spend time with Him!
    - c) The payoff is: power for success, prosperity and longevity. It means to graciously receive abundant life on ourselves.
    - d) Neither you, nor your family, guests, even animals are allowed to work. They must rest.
    - e) This day is sounding more and more important to me.

### Conclusion:

- I believe God was giving us a pattern to live life by.
- Setting this day aside and honoring it was to say "I trust you God with my life." While others are working I believe that you are working for me.
- \*\*\*\*Man was the apex of God's creation and God created a day especially for him. We have always been upon His mind and in His thoughts.
- *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."* (Matthew 11:28-29, ESV)