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The Seventh Day, Rest And Relax

Gen. 2:1-4a

Bats are said to live longer for their size than any other animal. They have a life span of twenty years. It has been suggested that the secret to their longevity is their ability to relax and go quickly into the deep sleep of hibernation. Right after flight, one of them can almost immediately slow its heart-beat from 180 per minute to three, and it can retard its respiration from eight breaths a second to one every eight minutes. #7135

* The point is they take time to rest!

We want to look at summary statement of creation, focusing on the seventh day of creation from a three-fold perspective.

I. The sixth day was the acknowledgment by God to the finished work of His creation. Vs. 1

II. The seventh day was the rest of God from His creation. Vs. 2

III. The seventh day was sanctified by God due to the creation. Vs. 3-4a

I. The sixth day was the acknowledgment by God to the finished work of His creation. Vs.

1

A. The heavens and the earth were finished.

* “Thus the heavens and the earth.” Vs. 1a

1. The heavens once again in the plural.

a. God created the first heaven where the birds fly on the second day, nothing was lacking. Gen. 1:6-8

* Nothing was left to evolve any further, the creation of the heavens were complete in and of themselves.

b. God created the second heaven, where the stars and planets exist on the second day. Gen. 1:6-8

* They were not the product of some explosion, nor to be the product of some evolutionary process.

c. God dwells in the third heaven.

* The location is also called “Paradise”. 2Cor. 12:4

2. The earth with all of the necessary elements of proper combinations for supporting life was finished.

a. The division of the waters or seas from the land to sustain life of the fish and animals and man.

b. The preparation of the plants, trees as the source of food for man and animals.

c. The planting of the Garden of Eden for Adam and Eve to live in, having food and fresh water. Gen. 2:8-15

- 1) The statement of having finished the creation is emphatic by the position of the verb.
- 2) Chapter one of Genesis is the record of creation, while chapter two is the details of the creation.

B. The entire host of them.

* “And all the host of them, were finished.”

Vs. 1b

1. The word host “tsaba” can mean a variety of things, depending on the context.
 - a. It can mean an army.
 - b. It can mean a company of individuals.
 - c. It can mean angels.
 - d. It can mean the sun, moon, stars, all of the plants and galaxies, etc.
2. The indication certainly has to include the specific things mentioned in the creation. Gen. 1:14-19
 - a. The light generator, the sun.
 - b. The light reflector, the moon.
 - c. The stars.
 - d. It might be viewed as a military armament arranged in marching orders, going forth as soldiers.
3. The angels were created by God also, this is very clear but not when they were created.

- a. They are not specified in the first chapter of Genesis nor in the second.
- b. The book of Job tells us by his own words that the angels, the sons of God, were present at the creation. Job 38:4-7, 1:6, 2:1

* “Where were you when I laid the foundations of the earth? Tell Me, if you have understanding. Who determined its measurements? Surely you know! Or who stretched the line upon it? To what were its foundations fastened? Or who laid its cornerstone, When the morning stars sang together, And all the **sons of God** shouted for joy?”

- c. Therefore, we have to conclude that the angelic beings were already in existence before the creation and certainly the fall of Satan with his rebellious angels had already taken place.
- d. Because we are told that everything God created was declared to be **very good** and this statement would be inconsistent and a contradiction if Satan and his angels rebelled between the first and seventh day of creation. Gen. 1:31

- 1) “For by Him all things were created that are in heaven and that are on earth, **visible and invisible, whether thrones or dominions or principalities or powers.** All things were created through Him and for Him.” Col. 1:16
- 2) All means good and bad angels!

Illustration

Praise the LORD! Praise the LORD from the heavens; Praise Him in the heights! Praise Him, all His angels; Praise Him, all His hosts! Praise Him, sun and moon; Praise Him, all you stars of light! Praise Him, you heavens of heavens, And you waters above the heavens! Let them praise the name of the LORD, For He commanded and they were created.” Ps. 148:1-5

Application

1. When anyone teaches that God did not finish the entire creation in six day, they are contradicting the Biblical record.
 - a. The word for days “yom” are literal 24 hour days, the context is obvious by the reference of days, month and years. Gen. 1:14
 - b. The statement of the lights of the firmament to rule the day and the night, is also consistent with a 24 hour day. Gen. 1:16-17

- c. The repeated phrase, “the evening and morning were the first day, etc.” Gen. 1:5, 8, 13, 19, 23, 31
 - d. The context of the word “yom” in chapter five of Genesis is used for a period of time, the length of days each individuals lived, but the days have to be 24 hour day periods otherwise the number of years would be meaningless and would have to be interpreted as geological ages.
 - * This would be nonsense, “Methuselah live 669 geological ice ages”?
 - e. John Wesley use to say, “When the text makes sense, don’t make it say nonsense”, the obvious sense is the correct sense of meaning.
2. The understanding of Moses was that God created everything is six day is literal.
 - a. “For in **six days** the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.” Ex. 20:11
 - b. The Jews believed that literal six day creation.
 - c. The New Testament writers understood a literal six days of creation, as mentioned by the author to the book of Hebrews. Heb. 4:4
 3. The Lord Jesus certainly believed the creation story and excepted it a literal six days, as He did a

literal flood and a literal large fish like a whale that swallow Jonah.

- a. Jesus quoted Moses constantly and never corrected anything, in fact He explained Moses often to the Pharisees, who had twisted and misunderstood the words of Moses.
- b. The believer is to expect and believe the clear and simple record of Genesis, in six days God finished the entire creation.
- c. “You send forth Your Spirit, they are **created**; And You renew the face of the earth.” Ps. 104:30

The sixth day was the acknowledgment by God to the finished work of His creation

II. The seventh day was the rest of God from His creation. Vs. 2

- A. The Creator of the entire creation did not create anything else on the seventh day.
 - * “And on the seventh day God ended His work which He had done,” Vs. 2a
- 1. The statement is clear, the day after the six days of creation God ended His work which He had done.
 - a. The word ended “kalah” means to be complete.

- b. The word “had done” re-emphasizes the fact by putting the work of creation in the past tense.
- 2. If the first six day were literal, then this seventh day must also be literal.
 - a. You can not change the meaning between the days.
 - b. You must be consistent in your interpretation.
- 3. The creation is said to be “His works”, which “He had done”.
 - a. These two phrase again dismiss any thought or teaching that God started the creation and then left it to itself.
 - b. This is called Theistic-evolution, which is nonsense.
 - c. The Father through the Son made the worlds, who upholds all things by the word of His power. Heb. 1:2c, 3b

- B. The Creator of the entire creation rested on the seventh day.
 - * “And He rested on the seventh day from all His work which He had done.”
- 1. The beginning chapters of Genesis bear witness to this pattern of seven clearly.
 - a. The word for rest “shabath” means to desist or cease from activity.
 - b. The word in no way implies that God was tired from His work of creation,

- for He is Omnipotent and created by speaking it into existence. Is. 40:28
- c. The word simply and clearly describes the inactivity of God of creation, in view of it being finished but certainly not inactivity altogether, for He maintains all things.
* “Jesus said, “My Father has been working until now, and I have been working.” Jn. 5:17
 - d. The seventh day will be the basis for Sabbath rest of the Jews.
 - e. Israel’s calendar identified every day by an ordinary number except the seventh day, which was called Sabbath, “rest”. (Dr. Harley)
 - f. This custom was a reaction to the way Israel’s neighbors named the days of the week after gods. (Dr. Harley)
2. Some interesting details in Genesis regarding the number seven.
 - a. The book opens up with seven words to describe the creation, the number that is used symbolically to mean completeness.
 - b. Noah was to take with him **seven** of every clean animal, a male and his female. Gen. 7:2
 - c. “For after **seven** more days I will cause it to rain on the earth forty days and forty nights, and I will destroy

- from the face of the earth all living things that I have made.” Gen. 7:4
- d. “And he waited yet another **seven** days, and again he sent the dove out from the ark.” Gen. 8:10
* Either this is great coincidence or God is attempting to be clear on what He says!
3. The entire Law revolves around the principle of creation in six day and the seventh of rest.
 - a. Six years a slave would serve and on the seventh he would be released. Ex. 21:2
 - b. Six years they were to plant their fields, the seventh they were to rest and not be planted. Ex. 23:10
 - c. Six days they went out to gather manna but on the seventh they were not to but rest.
 - d. God told the children of Israel, “Six days you shall **gather** it, but on the seventh day, which is the Sabbath, there will be none.” Ex. 16:26
 - e. The year of Jubilee was made up of seven sets of Sabbatic years and it was to be implemented on the seventh month of the year, October, on the Day of Atonement. Lev. 25:9

Illustration

There is a phrase that we have for teachers who are given time out to rest from their normal teaching schedule and they reflect on their field of study and go further their learning, sabbatical.

Application

1. I think that God purposely gave us this pattern to man for him to acknowledge God, the Creator everything visible and invisible.

a. Due to the fact that man may think he is responsible for his own existence.

* “Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the **sheep** of His **pasture.**” Ps. 100:3

b. Due to the fact that the heart of man is evil continually, deceitful and desperately wicked. Gen. 6:5, Jer. 17:9

c. Due to the fact that youth have a tendency to not think about God till they are old.

* “**Remember** now your Creator in the days of your youth, Before the difficult days come, And the years draw near when you say, “I have no pleasure in them.” Eccl. 12:1

2. I think God gave this pattern to man that he might reflect on the creation.

a. The goodness of God to create such an incredible planet with all it’s beauty and incredible structure.

b. The goodness of God to place man as the benefactor of everything.

* “O LORD, our Lord, How excellent is Your name in all the earth, Who have set Your glory above the heavens! Out of the mouth of babes and nursing infants You have ordained strength, Because of Your enemies, That You may silence the enemy and the avenger. When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, What is man that You are mindful of him, And the son of man that You visit him? For You have made him a little lower than the angels, And You have crowned him with glory and honor. You have made him to have dominion over the works of Your hands; You have put all things under his feet.” Ps. 8:1-6

3. I think that God also gave this pattern to man for physical rest.

a. All of us need physical rest in sleep and mere resting to revitalize our bodies.

b. All of us need a change of gears from the usual mental stress of the work place.

c. All of us need to be spiritually charged to give proper perspective to the purpose of life.

* “Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son

of your female servant and the stranger may be refreshed.” Ex . 23:12 "

- d. Without this observance, man is driven by the love of money and greed.
 - 1) “So it was, at the **gates** of Jerusalem, as it began to be dark before the Sabbath, that I commanded the **gates** to be shut, and charged that they must not be opened till after the Sabbath. Then I posted some of my servants at the **gates**, so that no burdens would be brought in on the Sabbath day. Neh. 13:19
 - 2) “For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.” 1Tim. 6:10
 - 3) Solomon worried about who was going to end up with all his riches and if he would be a fool to waste them away. Ecc.
- e. Today too many Christians are living for things at the expense of the rest and witness!
 - 1) Live by priorities according to your income.
 - 2) Live in obedience to rest from living for you income.

The seventh day was the rest of God from His creation!

III. The seventh day was sanctified by God due to the creation. Vs. 3-4a

- A. God blessed the seventh day and sanctified it.
 - * “Then God blessed the seventh day and sanctified it.” Vs. 3a
 - 1. The fact that God blessed the seventh day kind of set a reverence to it.
 - a. In acknowledgement of the six day of creation.
 - b. In admiration of the completeness of the creation.
 - c. The word blessed “barak” means to pronounced a benefit as if to be respected from the other six.
 - d. The blessing of God is a unifying theme in Genesis of His approval, bestowing benefits and to reproduce.
 - e. The first time the word “blessed” appears is when God created the sea life and in blessing them, He said, “Be fruitful and multiply”. Gen. 1:22
 - f. It is the blessing of God on His creation that makes it a great benefit to man and man can only be fruitful, have hope and live an abundant life, through the blessing of God.
 - 2. The act of sanctifying the seventh day by God not only re-enforces the blessing on the seventh day but clearly states it.

- a. The word sanctified “quadash” means to consecrate, hallow or made it holy, dedicated for a set purpose.
 - b. The day is to be thought of and treated with special status, different than the rest of the six days.
 - c. This was the commentary of Moses in the ten commandments. “For in **six** days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.” Ex. 20:11
3. The Lord put His people to the test of the Sabbath and Sabbatic year.
- 1) When they gathered manna, “And the people shall go out and **gather** a certain quota every day, that I may test them, whether they will walk in My law or not.” Ex. 16:4
 - 2) When they were to leave their fields unplanted, “**Six** years you shall sow your land and gather in its produce, but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave, the beasts of the field may eat. In like manner you shall do with your vineyard

- and your olive grove.” Ex. 23:10-11
- 3) When they would have a tendency to not observe the specific feasts, “**Six** days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest. And you shall observe the Feast of Weeks, of the firstfruits of wheat harvest, and the Feast of Ingathering at the year's end. Three times in the year all your men shall appear before the Lord, the LORD God of Israel.” Ex. 34:21-23
 - 4) God promised to bless and protect them in their obedience, “For I will cast out the nations before you and enlarge your borders; neither will any man covet your land when you go up to appear before the LORD your God three times in the year.” Ex. 34:21-24
 - 5) Three times in two verses we are told that God rested from all His works, a clear hint of how man should conduct himself regarding work. For he is created in the image of God!

B. God gave the reason once again, because He rested from all His works.

* “Because in it He rested from all His work which God had created and made. This is the history of the heavens and the earth when they were created.” Vs. 3b-4a

1. Seven times God tells us using different word about His finished work and rest.
 - a. Finished. Vs. 1
 - b. Ended. Vs. 2.
 - c. Had done, two times. Vs. 2
 - d. Rested. Vs. 2
 - e. Rested. Vs. 3
 - f. Had created. Vs. 3
2. Two words are used to describe the creation.
 - a. The word “bara” to create from nothing.
 - b. The word “asah” to make from existing materials that He spoke into being.
3. The Sabbath was a perpetual covenant with Israel.
 - a. To the point of death, “You shall keep the **Sabbath**, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.” Ex. 31:14

* One young man gathered wood on the Sabbath, after inquiring of the Lord, Yahweh said to stone him. Num. 15:32-33

- b. To remember that as slaves in Egypt they had no day of rest, “And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the **Sabbath** day.” Deut. 5:15
- c. A young person gathered wood on the Sabbath and was stoned. Nun. 15:32-33
4. The entire section is a summary statement that God created the heavens and the earth. Vs. 1-4a
 - a. It is the history “toledot”, which means a genealogical list, translated “generation” in the KJV, These are natural division by a key word.
 - b. It is a transitional verse, looking back and forward, ten others will follow as natural divisions.
 - c. It is an affirming exaltation of the Omnipotence and Omniscience of God, that all may be in awe at the Creator and His creation!

Illustration

Have you seen the commercials that ask, “are you tired and run-down and have no energy due to your busy schedule”. Then they prescribe a pill, rather than saying take a day off and sleep and rest!

* I recall an article about the horses that pulled the carriages in France, they attempted to work the work the horses longer than six day to one of rest and the horse became fatigued and broke down.

Application

1. The Seventh Day Adventist tell you that the Sabbath, the day of rest is Saturday, so you should worship God on Saturday not Sunday.

- a. They say that if you worship the Lord on Sunday you are not Scriptural and at one time they taught that you were worshipping the mark of the Beast.
- b. First of all, the Sabbath is not Saturday, it is Friday sundown to Saturday sundown.
- c. The Law stated you could do nothing nor walk more than a Sabbath's day journey, yet the Adventist do all kinds of work and travel.
- d. If you want to be under the Law you must keep the entire Law or be guilty of breaking the Law.

* Paul says, “Cursed is everyone who does not continue in all things which are written in the book of the **law**, to do

them. But that no one is justified by the **law** in the sight of God is evident, for “the just shall live by faith.” Gal. 3:10-11

2. The Christiana church was never under the Mosaic Law, which included the Sabbath day.

a. The Pharisees constantly were accusing Jesus of breaking the Sabbath day.

1) In one occasion, He and His disciples walked through a field and gathered some corn to eat and they said He broke the Sabbath. Mark 2:27-28

2) His response was that the Sabbath was made for man, not man for the Sabbath.

3) In other words, the day was for the benefit man to recuperate and be revived, not to be a slave to it.

4) Then He said, “Therefore the Son of Man is **Lord** even of the **Sabbath**.”

b. On another occasion Jesus healed a woman on the Sabbath day. Lk. 13:14-16

1) The ruler of the synagogue being indignation said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.” Vs. 14

2) The **Lord** then answered him and said, “Hypocrite! Does not each one of you on the **Sabbath** loose his ox or donkey from the stall, and lead it away to water it?”

Vs. 15

- 3) So ought not this woman, being a daughter of Abraham, whom Satan has bound--think of it--for eighteen years, be loosed from this bond on the Sabbath?" Vs. 14
- 4) Jesus was teaching that human need supercedes any law, legalism is death to a person!
- c. The day for the church is Sunday.
 - 1) The first church council excluded the Sabbath for the Gentile converts, "Therefore I judge that we should not trouble those from among the Gentiles who are turning to God, but that we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood." Acts 15:19-20
 - 2) Paul preached on Sunday when the church came together, "Now on the **first day** of the week, when the disciples came together to break bread, Paul, ready to depart the next **day**, spoke to them and continued his message until midnight. Acts 20:7
 - 3) Paul identified that the Corinthians meet on Sunday, "On the **first day** of the week let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come." 1Cor. 16:2

- 3. The Christian rests in Jesus Christ.
 - a. Jesus said, "Come unto me all you who are heaven laden and I will give you rest, take My yoke upon you and learn of Me, for My yoke is easy and My burden is light." Matt. 11:28-30
 - b. Paul says, "Therefore the law was our tutor to bring us to Christ, that we might be justified by faith." Gal. 3:24
 - c. The Christian enters into the rest of Jesus for salvation and he is not to fail to do so. Heb. 4:1-11
- 4. The Scriptures are clear on this matter.
 - a. "One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind. He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. Rom. 14:5-6a-d
 - b. "So let no one judge you in food or in drink, or regarding a festival or a new moon or Sabbaths, which are a shadow of things to come, but the substance is of Christ." Col. 2:16-17
- 5. Having said all this notice that man has not change much when it comes to giving God His day to revere, honor and express his love.
 - a. The world we live in is anti-God.
 - b. Sundays used to be a day in America when families went to church, ate together and honored God.

- c. All forms of activities and business were suspended, liquor was even prohibited.
- d. Today everything is scheduled on Sunday, little league baseball, Pop-Warner, dance tournaments and the list could go on and on.
- e. Some Christians have allowed the world to set the agenda for their priorities and they honor their children above God by missing church on a regular basis, due to the many child activities.
 - * My son played pop-Warner but he came to church in the morning or the evening, and sports could not be all year around, because they were all on Sunday.
- f. What they are teaching their children is that church is OPOTIONAL, not really important.
- g. Other say, well I work Monday through Saturday, Sunday is my day”, No, it is God’s day and you should go to church and thank Him for the job and the health He has given to you in order to work.
- h. Jesus said the greatest commandment was to love the Lord your God with all thy heart, soul and mind, Matt. 22:37-38.
 - * This is the first and great commandment!

- I. The sixth day was the acknowledgment by God to the finished work of His creation!
- II. The seventh day was the rest of God from His creation!
- III. The seventh day was sanctified by God due to the creation!

Conclusion

This is the summary statement of creation, which focuses on the seventh day of creation.