

Beyond Eden: Enjoying God's Rest – Week One

Question: *what attracts you to a Bible Study on rest? What are you lacking?*

Remember: Rest in the Old Testament is a shadow of things to come -- Colossians 2:16-17

¹⁶Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. ¹⁷These are a shadow of the things to come, but the substance belongs to Christ.

READ: Genesis 2:1-3 (MBT – Mitzi Barber Translation)

All the heavens and the earth were finished and all the hosts of them. On the seventh day, Elohim completed his work that He made. On the seventh day, He rested from all His work that He made. Then Elohim blessed the seventh day and made it holy because on it He rested from all His work that Elohim created to make.

Question: *what are some facts we see in the passage? (Consider the words and context -- where the passage is in the Bible.)*

Reflection Question: *what is your work? Do you see it as a divine gift from your Creator!*

Reflection Question: *are you in a rhythm of work and holy ceasing? Do you see Shabbat as God's invitation to you to join Him? Do you see yourself as acceptable and pure by faith in Christ?*

Hebrew Definitions from the passage:

Work (מְלָאכָה): "Me la KAH" – duties, tasks, service, occupation

Rest (שָׁבוּת): "sha BOT" -- cease (from work)

Blessed (בָּרַךְ): "bay RAKE" caused it to prosper, result of divine favor. The Hebrew root word means to bend the knee.

Holy (קָדָשׁ): "ka DAYSH" pure, clean, sacred – set apart, acceptable to God

READ: Exodus 20:8-11 (MBT)

Remember the day of rest...to make it holy. Six days you will be working (serving) and doing all your work and the seventh day is a ceasing for Adonai (Sacred Name), Your God. Do not do any work: neither you, nor your sons, your daughters, your manservants, your maidservant, your beasts, nor the foreigner who is in your gates because in six days Adonai (Sacred Name) made the heavens and the earth, the sea and all that was in them. And He rested (sat down) on the seventh day. Therefore, Adonai (Sacred Name) blessed the day of rest and made it holy.

Question: what new information do we learn about rest from this passage?

Hebrew Definition from the passage:

Rested (נָח): "ya NA^{CH}" -- sat down, as in taking a breath

Question: when was this commandment given? Do we as Christians need to obey this commandment? Why do we rest?

Reflection Questions: as you study these passages on rest, how is your attitude changing toward this God-given rhythm of work and holy ceasing? Does the idea of a personal God's invitation to cease for Him draw you to Him?

READ: Exodus 31:12-17 (MBT)

Adonai (Sacred Name) spoke to Moses saying, "You are to speak to the children of Israel saying, 'INDEED you shall rest and you are to guard it because it is a sign between Me and between you throughout your generations to know that I am Adonai (Sacred Name), the One who makes you holy. You shall guard the Shabbat because it is holy to you.

Defilers will SURELY be put to death because all who do work on it, their life will be cut off from among their people. Six days work will be done and on the seventh day is a GREAT RESTING REST, holy to Adonai (Sacred Name). All who do work on the Day of Rest will SURELY BE PUT TO DEATH

Sons of Israel must guard the Shabbat, to do Shabbat for generations, as an everlasting covenant between Me and the sons of Israel. It is a sign for eternity because six days Adonai (Sacred Name) made the heavens and earth and on the seventh day, He rested and was refreshed."

Question: what new information do we learn about rest from this passage?

Hebrew Definitions from the passage:

Keep (שָׁמַר): "sha MAR" guard, preserve

Question: how can we defile this day of rest?

Question: how did / do the Israelites, in Scripture and history, handle this day? Did they handle it correctly?

Defile (חָלַל): "cha LAL" profane, make common, pollute -- the Hebrew root means to loose or lay open

Reflection Questions: what do you want to do to guard this holy rest? Do you have hope of being refreshed, made whole? What do you want to add or remove to better enjoy this gift of Shabbat?

Refreshed (נָפַשׁ): "na FOSH" -- breathed

Genesis 2:1-3

Seventh day
rest
made
work
done
Elohim
finished/complete
He
Holy

context: God is

done working,
before the fall

Exodus 20:8-11

Adonai
you/your/US
your creation

Exodus 31:12-17

DEATH!

DEFILE

INDEED

generations

FOREVER

GUARD

RESTING REST

SHALL

SIGN