

THE STORY — Week 7 THE SEVENTH (7th) DAY REST

In a world filled with **Restlessness** God invites us into **His Rest...**

Our Rules for the Road

1. The Bible was written for me but not to me.
2. The Bible is a library with different literary genres (**Narrative**, Poetry & Discourse)
3. The Bible must be read in Context (Ancient, Situational & Biblical)
4. The Bible must be read with an understanding of language and words (Repeated words drive dominant themes)
5. The Bible is a unified story that leads to Jesus

Genesis 1:31-2:3

Genesis 2:2-3 “By the **seventh day** God had finished the work he had been doing; so on the **seventh day** he **rested** from all his work. Then God **blessed the seventh day** and made it **holy**, because on it he **rested** from all the work of creating that he had done.”

I. The Righteousness (Sacredness) of Rest

Genesis 2:3 “Then God **blessed the seventh day** and made it **holy**, because on it he **rested** from all the work of creating that he had done.”

Rule #4 The Bible must be read with an understanding of **language** and **words** (Repeated words drive dominant themes).

The Hebrew word for “seven” is *Shavi* and has two key symbolic meanings: seven represents a **full and complete world**, and getting to seven is a **linear journey** from one to seven.

The Hebrew word for “Rest” here is *shavat* and means “to cease from” and is where we get **Shabbat or Sabbath**. And, when does this Shabbat happen? On the 7th day.

“Humanity’s elevation, made in the image of God, is designed for the exaltation of the Sabbath day. The Sabbath thus becomes the day for humanity to enjoy its privileged status of being created as God’s image. The Sabbath is the symbolic time for humanity’s climactic union with and representation of its Creator... Just as the divine work began with a workman’s week as an archetype of the human week, now humanity can live in the image of God. The Sabbath and the image of God are linked together and interdependent themes.” — *The Bible Project* from Michael Morales, *Who Can Ascend The Mountain Of The Lord*

The **detail** of Genesis 1:1 - 2:3 around the **#7** (*Shevi*) is **overt** to the Hebrew reader.

“The most self-evident design feature of Genesis 1 is its **seven day sequence**. It turns out that the number seven is an organizing principle for the entire chapter from beginning to end. The opening line of Genesis 1 has **seven words**, and the central word, untranslated in English, is two Hebrew letters, the first and last letters of the Hebrew alphabet.”

— Tim Macky, *The Bible Project*

776 [e]	853 [e]	8064 [e]	853 [e]	430 [e]	1254 [e]	7225 [e]
hā-’ā-reṣ.	wə-’ēt	haš-šā-ma-yim	’ēt	’ē-lō-hīm:	bā-rā	ba-rē-šīt
הָאָרֶץ:	וְאֵת	הַשָּׁמַיִם	אֵת	אֱלֹהִים	בָּרָא	בְּרֵאשִׁית 1
the earth	and	the heavens	-	God	created	In the beginning
Noun	Acc	Noun	Acc	Noun	Verb	Noun

aleph = א / tav = ת

The prologue (introduction to a narrative) has

- 7 words in vs 1/1st sentence in Hebrew
- 14 words in vs 2/2nd sentence in Hebrew = 21 words total.
- Creation is described in 7 paragraphs
- Creation account happens over 7 days
- “God” (Elohim) occurs 7x5 = 35 times
- “Land” occurs 7 x 3 = 21 times
- “Sky” occurs 7 x 3 = 21 times
- “Good” occurs 7 times
- God speaks 10 times (10 Commandments)
- 7 of which are divine commands “Let there be...”
- 3 of which are “Let us make...”
- The epilogue (ending of a narrative) has
- 3 lines of 7 words = 21 times (just like the prologue)

So what does all of that mean? God wants us to know that there is spiritual significance to the #7 in the Biblical Narrative; especially, that it is tied to Fullness, Completion & Rest.

- **Real rest comes from God and is woven into creation.**
- **Rest is connected to God as a Finisher**

Genesis 2:1-2 “By the **seventh day** God had **finished** the work he had been doing; so on the **seventh day** he **rested** from all his work.”

- **Rest is a picture of our union and eternal condition with God.**

Keep in mind that what we are shown on page 1 of the Bible is that God endorses both **Work (6 days)** and **Rest (the 7th day)**. But notice what happens; Each day is marked with the phrase, **“there was evening and there was morning.”** And then on the 7th day God STOPS & RESTS.

Creation is brought to its completion on the seventh day. And the phrase, **“there was evening and there was morning,”** does not appear on day seven. It is as if the 7th day does not end.

The 7-day week represents a template for time and the completion of all things (the end of time as we know it) when we will step into eternity.

II. The Rhythm of Rest

Built into creation God established time and a rhythm for rest.

Genesis 1:5 (Day 1) *“And there was evening and morning the first day.”*

Genesis 1:14-18 (Day 4) *“And God said, ‘Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark **sacred times (Moedim)**, and days and years....’ God made two great lights—the greater light to govern the day and the lesser light to govern the night.... And God saw that it was good. And there was evening, and there was morning—the fourth day.”*

Genesis 2:2-3 (Day 7) *“Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”*

- The 7th Day
- The 7 festivals
- The 7th Year
- The year of Jubilee 7 X 7 was a year of complete

Spring Moedim

- Passover – *Pesach*
- Feast of Unleavened Bread – *Hag HaMatzot*
- First Fruits – *Yom Habikkurim*
- Festival of Weeks (Pentecost) – *Shavuot*

Fall Moedim

- Feast of Trumpets – *Yom Teruah (Rosh Hashanah)*
- Day of Atonement – *Yom Kippur*
- Feast of Tabernacles – *Sukkot*

God created time in a seven day cycle calling the newly released Israelites (from slavery) into a rhythm of relationship with himself. This seven day rhythm of rest is

deepened by the “sacred time”/moedim on day 4. This word, often translated “season” in English, doesn’t mean season as in our 4 seasons but rather it is the term for the **seven sacred festivals/holidays** God establishes for the Israelites to celebrate each year.

The sabbath year (shmita; Hebrew: שמיטה, literally "release"), also called the sabbatical year or shəvi'it (שביעית, literally "seventh").

In addition, every seven years, all slaves were to be released.

III. The Radical Invitation to Rest

Rule #3 Context

Exodus 1:13-14 “The **Egyptians** came to dread the Israelites and **worked them ruthlessly**. They **made their lives bitter with harsh labor...**”

The 4th of the Ten (10) Commandments.

Exodus 20:8-11 “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. **For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**”

The Israelites were slaves to Pharaoh who was a cruel taskmaster demanding performance and productivity. Our slavery may be self generated or from the expectations of the culture and people around us. We too are driven to find acceptance through performance and productivity leaving us restless and exhausted.

IV. The Ramifications of His (Relational) Rest

Rule #5 The Bible is a **unified** story that **leads to Jesus**.

1. Let’s start with those two Letter in the middle of the first sentence in **Genesis 1:1**:

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hā-'ā-reṣ.	wa-'eṭ	haš-šā-ma-yim	'eṭ	lō-hīm;	bā-rā	ba-rē-šit
הָאָרֶץ:	וְאֶת	הַשָּׁמַיִם	אֶת	אֱלֹהִים	בָּרָא	בְּרֵאשִׁית 1
the earth	and	the heavens	-	God	created	In the beginning
Noun	Acc	Noun	Acc	Noun	Verb	Noun

- In Hebrew this is the aleph = א / tau = ט
- In Greek this is the Alpha and Omega
- In English this is A and Z
- In all languages it is the First and Last

Revelations 21:6 (Jesus speaking) *“He said to me: ‘It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life.’”*

Revelations 22:13 *“I am the Alpha and the Omega, the First and the Last, the Beginning and the End.”*

- **Jesus is the alpha and Omega / The beginning and the End**
- **He is THE STORY**

2. Let’s look at the picture of God as the ultimate finisher.

John 19:28-30 *“Jesus, knowing that all things were now **accomplished**... He said, ‘It is **finished!**’ And bowing His head, He gave up His spirit.”*

Hebrews 12:2 (NKJV) *“[L]ooking unto Jesus, the author and **finisher** of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has **sat down** at the right hand of the throne of God.”*

Philippians 1:6 *“[B]eing confident of this, that he who **began** a good work in you will carry it on to **completion** until the day of Christ Jesus.”*

- **Jesus is the author and finisher of our faith.**
- **He is the ONE that accomplishes salvation.**

3. Let’s look at the REST that God wants to provide for us.

Matthew 12:8 *“For the Son of Man is Lord of the Sabbath.”*

Luke 4:16-21 *“He went to Nazareth, where he had been brought up, and on the **Sabbath** day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:*

*‘The **Spirit of the Lord** is **on me**, because he has **anointed me** to proclaim good news to the poor. He has **sent me** to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim **the year of the Lord’s favor.**’*

Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, "Today this scripture is fulfilled in your hearing."

Matthew 11:28-29 (Jesus) "**Come to me**, all you who are weary and burdened, and **I will give you rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest** for your souls."

- **Jesus is our Rest**
- **He is the relational door to real rest.**