

Wiped Out!

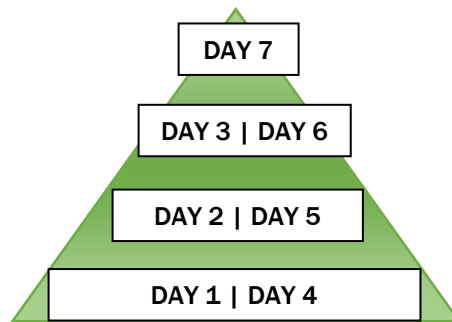
Presentation Handout

Needing Some Real Rest—Physically, Emotionally & Spiritually

- Average person needs 7-9 hours of sleep per night
 - Only 60% of Americans get this recommended amount. -www.webmd.com & news.gallup.com
 - 65% of Americans say they rarely wake up feeling rested & energized. -nypost.com (5/27/20)
- 78% of Americans feel stressed at least one day a week; 15% feel stressed every day (just ask a student particularly at the end of a semester); 50% often or sometimes feel isolated...and these statistics don't include anxiety & depression. -Michelle Black, www.valuepenguin.com (4/5/21)
- Merle Haggard said once, "There is a restlessness in my soul that I've never conquered (he spent time in San Quentin Prison), not with motion, marriages (five of them) or meaning...." -Mikal Gilmore, "The Outlaw," Rolling Stone (5/5/16)
- "Rest"—physical, emotional, mental & spiritual—is lacking or missing in the lives of many people. And this phenomenon doesn't seem to be getting better, not with COVID-19.

God's Gift of "Rest"—the 7th Day

- **Backstory**—what happens on days 1-6 of creation sets the stage for the 7th day.



DAY 7 - 7 th -Day {2:1-3}			
DAY 3	Dry land {1:9-10} Vegetation {1:11-13}	Land animals {1:24-25} Humans {1:26-28}	DAY 6
DAY 2	Firmament {1:6-8} <ul style="list-style-type: none"> ▪ Sky ▪ Seas 	{1:20-23} <ul style="list-style-type: none"> ▪ Birds ▪ Fish 	DAY 5
DAY 1	Light of God {1:1, 3}	Lights—sun, moon, stars {1:14-19}	DAY 4

- God took the pre-creation chaos, disorder (like the statistics I shared in the beginning) and nothingness and ordered it into something beautiful with days 1-3

forming & ordering and days 4-6 filling, which led to the climax of creation—the 7th day as reflected in our pyramid illustration above.

- The 7th day as the climax of creation is also reflected in the Hebrew through the use of groupings of “7s”:
 - *Genesis 1:1* – one line of seven Hebrew words.
 - *Genesis 1:2* – two lines of seven Hebrew words (2x7)
 - *Genesis 2:1-3* – three lines of seven Hebrew words (3x7)
- In English emphasis on number seven:
 - Seven days of creation
 - “Good” or “very good” used seven times in *Genesis 1*
- Similarities of 7th day with the other six days of creation:
 - 24-hour period of time like days 1-6 because “day” in Hebrew used with an ordinal (1st, 2nd, etc.) or cardinal (1, 2, etc.) number = literal 24-hour day
 - In English, there is a consistent flow from day 6 to day 7, connecting the 7th day with the creation week cycle as a real 24-hour day.
- Differences of 7th day with the other six days of creation:
 - No “evening and the morning” description
 - God only rested on the 7th day, which led to His blessing and sanctifying this day only
 - No physical matter is created on the 7th day, only time, and first full day Adam & Eve spend with God.

Meaning of 7th Day

- **Finished/Ended Work** {*Genesis 2:1-2*}
 - The 7th day reminds us of God’s accomplishment of a finished creation as the Creator God who only could finish, complete, or accomplish creation, making God the focus of the creation story.
 - With the use of the word “rest” (the Hebrew root for the word “Sabbath”—a day for worship & adoration of our God {*Exodus 31:12-17*}) in v.2, the 7th day is also God’s promise-pledge that He will finish the work of re-creating/redeeming humanity from sin {*Deuteronomy 5:13-15; Psalm 51:10; Hebrews 12:2*}.
 - This promise-pledge was sealed by the death of Jesus on the Cross as He cried out, “It is finished” {*John 19:28, 30*}, similar language to *Genesis 2:1*. Thus Jesus is the Creator God—the only One who can re-create or redeem, just like He is the only One who could physically create our world!

TAKE-AWAY: As Adam & Eve awoke to life, they did so as objects of grace—recipients of life and God’s divine pleasures as a free gift because they existed by no power of their own in a world that required no effort on their part to create. This is how we are to live too!

- **Rested** {*Genesis 2:2b*}
 - Adam & Eve’s first full day was the 7th day, a day they rested in and with God, spending time with Him, then they worked reminding them everything they had was a gift of Gods’ grace, not of their own doing
 - When Adam & Eve rested on that first 7th day they were trusting God to take care of them—physically, emotionally, mentally & spiritually {*Hebrews 4:3-4, 10*}. This act of

appreciation, faith, and worship gave God permission to bless them in ways they could not do for themselves!

- Resting in God prioritized life for Adam & Eve in God and not themselves, or “stuff,” jobs, education, status, etc. They were satisfied with Him alone. Their value was in Him alone. Forgetting this led to sin {Genesis 3}.
- **Blessed** {Genesis 2:3a}
 - God’s blessing comes from His rest—His rest of peace, joy, forgiveness, acceptance, value or worth, etc. {Exodus 33:12-[14]}.
 - This blessing takes ordinary or common things, like the 7th day, human beings, the sanctuary, etc. and makes them special.
- **Sanctified** {Genesis 2:3b}
 - Sanctified = setting aside as special or unique for a holy purpose.
 - 7th day’s sanctified/special purposes:
 - Keeps in human’s memory the truth of who God is, who we are, and the proper relation that should exist between Him and us.
 - Memorial of God’s six-day creating and the divine power that made it happen.
 - Reminds human beings we’re saved by God’s creative work with our part resting in Him by trusting His mighty power to save us {Ty Gibson}.
 - Reminder salvation is a 100% gift of God’s grace, which was totally accomplished through Christ Jesus that is received into our lives by faith.
 - Sign of the freedom, dignity, healing, and restoration that comes only in God. This helps us live more balanced lives, not fighting for money, “stuff,” status or popularity, promotions, etc. Instead, we’re freed to live the life God has for us in Him!

God’s Invitation to Rest

- With the backdrop and meaning of the 7th day in mind, Jesus gave this promise-hope of rest in *Matthew 11:28-30 (NKJV)*.

28 “Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 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.

30 For My yoke is easy and My burden is light.”

- Jesus’ listeners were burdened internally, spiritually, with their legalistic “treadmill” of trying to appease God to earn His favor or struggling to be good in themselves. And they were crushing under this “load!”
- Into this mess, Jesus offered the people His rest and yoke-power that makes walking with Him easy because He promises His presence for our walk. His undeserved love and grace draws human hearts to Him, making the Christian walk a joy & blessing, not a drudgery!

Are you personally resting in God’s finished work of re-creation/redemption that blesses you with His peace, joy, freedom, and presence?