**‘God’s Rest’**

***Thus the heavens and the earth were completed, and all their hosts. 2By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. 3Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*** Genesis 2:1-3

God’s work of creation is complete. Everything God wanted to include in planet earth and the heavens above the earth was in its place. Nothing was missing and everything was ‘very good.’ What was God to do now? We are told exactly what God did. He rested.

Doesn’t it seem odd that God would rest? Doesn’t He have endless energy? Yes He does. So then, why did God rest? The difficulty we may be having could be because of the translator’s decision to use the word “rest” here. Resting to us usually means to relieve weariness. We do not have boundless energy. We can only work so long and then we’ve got to rest so that the energy we need to do more work can be restored.

This is not so with God. We know this is true because God makes this clear in Isaiah 40:28. There we read, ***“Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth does not become weary or tired.”***

Since God does not grow tired or weary, then we’ve got to look further into the meaning of the Hebrew word which got translated with the word “rest.” When we go back to the Hebrew, we find the word used in the passage is ***“Shabbat”*** and in this context it simply means that God **“ceased”** from doing the work of creation. **Now THAT makes sense!**

What we’ve got to understand from the six days of creation and the seventh day of God’s “rest” is this: God was establishing a pattern for us to follow. We were to labor six days and rest on the seventh. That seems simple enough, except that there is more to it than taking a day off.

We read in Genesis 2:3, ***3Then God blessed the seventh day and sanctified***[[1]](http://yourbibleblog.com/2016/09/" \l "_ftn1) ***it, because in it He rested from all His work which God had created and made.*** What does it mean for God to have “sanctified” the seventh day? The word “sanctified” means to be “set apart, consecrated, or dedicated to a specific purpose.”

When we study the Scriptures, we find the command, ***“Remember the Sabbath Day and keep it holy.”*** Over time, this command came to include a whole host of things that the Jews could or could not do on this day. In the Christian Church the Sabbath Day was the day everyone was to go to church! But it is so much more than the fulfillment of religious regulations and duties.

The Sabbath was to have been and is to be a time spent with the Lord, enjoying His presence, and meditating upon His Word. He is our rest. He is our source of strength. He is our hiding place. He is everything we need. He is our Creator. We were created by Him and for Him and, ultimately, He has an eternal rest in store for all who choose Him through faith in Jesus His Son.

God’s ***“rest,”*** what a wonderful place to be!

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[[1]](http://yourbibleblog.com/2016/09/" \l "_ftnref1) Sanctified means to “set apart” for the purposes of God