

# Finding Rest in God

## Definitions

Study by Jason Labonte

### I. Rest

#### A. Old Testament

1. Hebrew נוח *Núah* “To Rest, Settle Down, Remain; To Have Quiet, Have Rest”
  - i. Original Meaning: “To Rest”
  - ii. Related Words
    - a. נחת *Náhath* “Quietness”
    - b. נח *Noah* Noah
    - c. מנוח *Manóah* & מנוחה *M’nuháh* “A Resting Place”
2. Hebrew נום *Num* “To Be Sleepy; To Sleep”
3. Hebrew נוס *Nus* “To Escape, Flee, Retreat; To Disappear, Hide”
  - i. Original Meaning: “To Vanish”
  - ii. Related Word: מנוס *Manús* “Place of Escape; Refuge”
4. Hebrew שבת *Shaváth* “To Rest; To Cease, Stop”
  - i. Original Meaning: “To Cease; To Complete”
  - ii. Related Words
    - a. שבת *Shabbáth* Sabbath
    - b. שבע *Shéva* “seven” (Not Actually Related, but Often Used as a Play on Words)
5. Hebrew שכב *Shakán* “To Lie Down, Sleep”
6. Hebrew שקט *Shaqát* “To Have Peace; Be Quiet”

#### B. New Testament

1. Greek Παύω *Paúo* “To Cease, Stop”
2. Greek Ανίημι *Aníemi* “To Release” (as in “To Release from Tension or Stress”)
3. Greek Σαββατισμός *Sabbatismós* “Sabbath Rest” (From: Σάββατον *Sábbaton*, a Transliteration of שבת *Shabbáth*)

### II. Work & Toil

#### A. Old Testament

1. Hebrew מלאכה *M’lakáh* “Work; A Business, Job; A Craft”
2. Hebrew עצב *Étsev* “Toil; Pain; Hardship”

#### B. New Testament

1. Greek Εργάζομαι *Ergázomai* “To Work”
  - i. Root: Ἔργω *Érgo* “To Work” (Originally Referred to Husbandry in Particular)
  - ii. Related Word: Ἔργον *Érgon* “A Work; Property, Wealth; A Task, Deed, Action; Art Work, A Craft; A Business”
2. Greek Πονέω *Ponéo* “To Toil, Work Hard; To Suffer”
  - i. Root: Πίνομαι *Pénomai* “To Work (for One’s Food)”
  - ii. Related Word: Πονηρός *Ponerós* “Toilsome; Painful; Wicked, Evil”