

Finding Rest in God

Session I:

What Is Rest?

(A Look to the Past)

Study by Jason Labonte

I. Definitions of "Rest" (See "Definitions" handout.)

II. Exploration of Rest in the Old Testament

A. Ordination of Rest

1. Passage: Genesis 1:31 - 2:3 (*shaváth* & *shéva*; *m'lakáh*)
2. Questions
 - i. Who rested?
 - ii. From what did He rest?
 - iii. Why did he rest?
 - iv. Does this mean that God is now inactive?

B. The Flood

1. Passages
 - i. Genesis 5:28-29 (*núah* & *Noáh*)
 - ii. Genesis 6:7-8 (*Noáh*)
 - iii. Genesis 8:4-12 (*núah* & *nus*)
2. Questions
 - i. Who was given rest?
 - ii. From what was he given rest?
 - iii. Why was he given rest?
 - iv. Could he have given himself rest?

C. The Law

1. Passages
 - i. Exodus 16:22-30 (*shaváth*, *shabbáth*, & *shéva*)
 - ii. Exodus 20:8-11 (*núah*, *shabbáth*, & *shéva*; *m'lakáh*)
 - iii. Exodus 23:10-12 (*núah* & *shéva*)
 - iv. Leviticus 16:29-34 (*shaváth*, *shabbáth*, & *shéva*)
 - v. Leviticus 23:5-8 (*m'lakáh*)
 - vi. Leviticus 23:15-16, 21 (*m'lakáh*)
 - vii. Leviticus 23:27-32 (*shabbáth* & *m'lakáh*)
2. Questions
 - i. Who or what were given rest?
 - ii. From what were they given rest?
 - iii. Why were they given rest?
 - iv. What is the significance of the Sabbath periods associated with the Festivals?

D. The Promise

1. Passages

- i. Exodus 33:1-3, 12-17 (*núah*)
- ii. Numbers 10:33 (*m'nuháh*)
- iii. Joshua 1:1-9

2. Questions

- i. Who or what were given rest?
- ii. From what were they given rest?
- iii. Why were they given rest?
- iv. What is the significance of Moses' request?
- v. Where were they to be given rest?

E. War

1. Passages

- i. Joshua 11:22-23 (*shaqát*)
- ii. Joshua 21:43-45 (*núah*)
- iii. Judges 3:10-12, *etc.* (*shaqát*)

2. Questions:

- i. Who or what were given rest?
- ii. From what were they given rest?
- iii. Who were the Anakim? What is the significance of this?

F. The Temple

1. Passages

- i. 2 Samuel 7:1-2 (*núah*)
- ii. 1 Kings 5:2-5 (*núah*)
- iii. Psalm 132:7-8 (*m'nuháh*)

2. Questions

- i. Who were given rest?
- ii. What was the concern of David and Solomon?
- iii. Where is the Temple of God today?

G. Weariness of Life and Thought

1. Passages

- i. Job 3:1-3, 13, 17, 26, *etc.* (*núah & shaqát*)
- ii. Ecclesiastes 2:18-26 (*shakáv*)
- iii. Proverbs 29:9 (*núah*)

2. Question: Where does Job believe there is rest?

H. The Psalms (To Read on Your Own)

1. Psalm 23

2. Psalm 37

3. Psalm 55

I. Prophecies (To Read on Your Own)

1. Passages:

- i. Isaiah 11:1-10
- ii. Isaiah 14:1-7
- iii. Daniel 12:5-13

III. Comparing & Contrasting

A. Rest vs. Laziness

1. Passages: Proverbs 6:9-11 (*num & shakáv*)

2. Questions

- i. What are some ways in which rest is different from laziness?
- ii. How can we find balance between the two?

B. Work vs. Toil

1. Passages

i. Genesis 2:15 (*núah*)

ii. Genesis 3:16-19 (*étsev*)

iii. Ecclesiastes 2:18-26 (*shakáv*)

iv. Ecclesiastes 4:5-6 (*núah*)

2. Questions

- i. What are some ways in which toil is different from work?
- ii. How can we find enjoyment in our work?