

The Value, and Necessity of Rest

Intro: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 - All Life Is A Song

A - Its not about hitting the right notes in the right order: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What tends to get overlooked, and undervalued, is the space between the notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B - God Rested As An Example To All Mankind...Often times you hear about the six days of creation...  
And then God rested on the 7th.

Genesis 2:2 *On the seventh day God was finished with his work which he had made, so he rested on the seventh day from all his work which he had made.* (CJB) \_\_\_\_\_  
\_\_\_\_\_

This is the same verse in Biblical Hebrew: Remember that Hebrew is read from right to left...

Genesis 2:2 וַיְבַלְּ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבַּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:

Shin = \_\_\_\_\_ Bet = \_\_\_\_\_ Tav = \_\_\_\_\_

Essentially you could say that Shabbat means: \_\_\_\_\_

When you add the Vav and Yod

Vav = \_\_\_\_\_ Yod = \_\_\_\_\_

וַיִּשְׁבַּת = Vay-yish-bot - \_\_\_\_\_

In Hebrew, this is not the absence of action or intent: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 - They are not the 10 Suggestions

A - Exodus 20 \_\_\_\_\_

Exodus 20:8-11 \_\_\_\_\_

Think about this: How many other commandments do we feel this comfortable ignoring?

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Here is one that made me stop and think: Even slaves were not to perform their normal tasks. \_\_\_\_\_

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B - Another thing that I find interesting in this passage is in verse 11 where we read “He rested”.

It’s translated like it’s the same word from Genesis 2:2 - but its not.

The Hebrew word here is נָחַם = \_\_\_\_\_

The root is נָחַם = \_\_\_\_\_ which means “rest”

The meaning of the letters:

Nun = \_\_\_\_\_ Vav = \_\_\_\_\_ Chet = \_\_\_\_\_

This word for rest is the same word used to describe how the \_\_\_\_\_

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Don’t get tripped up on the details: \_\_\_\_\_

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