

INTRODUCTION

1. Today we are looking at Day Seven of Creation and that occurs in Genesis 2:1-3.
2. So please take God's Word and turn with me to Genesis chapter 2.
3. God has completed the creation of the heavens and the earth in six twenty-four hour days and now on the seventh day He rests.
4. Read Genesis 2:1-3.
5. A recent survey of more than 18,000 people from 134 countries found that 68 percent of people feel they don't get

enough rest.¹

6. According to another survey, it was found that Americans are among the worst offenders when it comes to not resting enough.
7. So some want rest and don't get it while others can have it but don't take it.
8. Fewer than half U.S. employees take all their vacation days.
9. And Project: Time Off, an initiative from the U.S. Travel Association, found Americans now take less vacation time than at any point in the past 40 years. And in 2014 Glassdoor reported that 61% of

¹ <http://mentalfloss.com/article/86885/68-percent-people-feel-they-dont-get-enough-rest-report-finds>

employees work during vacation.²

10. Now I just came back from a few days of rest.
11. When I worked three jobs, time off was almost impossible.
12. When you don't find time to rest or relax, it can affect your health in a negative way.
13. High blood pressure, heart disease, and death are to name just a few of the consequences of not resting.
14. A famous study known as the Framingham Heart Study followed roughly 12,000 men between the ages of 35 and 57, who were at risk of heart disease, for nine years.

² <https://blog.rescuetime.com/rest/>

15. Using the data from this study, researcher Karen Matthews of the University of Pittsburgh Body-Mind Center found that the more frequently these men took vacations, the longer they lived.
16. When the Framingham data was explored by researchers at the State University of New York at Oswego, they found that men who took a vacation every year reduced their overall risk of death by about 20%, and specifically their risk of death from heart disease by up to 30%.
17. In another study of nearly 1,400 people, leisure time, including vacation, was found to encourage a more positive mindset and decrease levels of clinical depression.

18. Research has also found women who don't take time off are more likely to suffer from depression and, according to one study, 50% more likely to have a heart attack.³
19. The dictionary gives us an encouraging definition for rest.
20. And the best thing about it, it doesn't require taking a vacation to do it.
21. Nor does it cost you any money.
22. The dictionary defines rest as as ceasing from action or motion, you stop doing what you are doing. The action and the motion is over. It means to stop from labor or exertion.

³ Ibid., <https://blog.rescuetime.com/rest/>

23. The second definition the dictionary gives for rest is to be free from whatever worries or disturbs you.
24. Some people can't rest mentally because they're always bugged by everything.
25. Every little thing just pounds away in their brain and they can never just rest because they're always hassled by everything.
26. To rest means to be free from whatever hassles you, from whatever disturbs you or creates worries in your mind.
27. It means, in this sense, to be quiet, to be still, to be peaceful, be free from guilt and the things which drive us to neurosis, psychosis etc.⁴

⁴ <https://www.gty.org/library/sermons-library/1609/entering-into-gods-rest>

28. When we come to Genesis chapter 2, we hear of another kind of rest.
29. It's God's rest.
30. But His rest is much different than ours because He doesn't grow weary.
31. Genesis 2:1-3 tells us three things:
32. God completed His work (vv.1-2a), God rested from His work (v.2b) and God blessed and sanctified the Seventh Day (v.3).
33. All three center around God's rest.
34. Let's first see in verses one and two that...

LESSON

I. God Completed His Work (vv.1-2a)

“Thus the heavens and the earth were completed, and all their hosts. 2 By the seventh day God completed His work which He had done...”

Four times in the first three verses of Genesis 2, the text emphatically states that God had finished all the work of creation.⁵

3 times it is said that this included all His work.⁶

הַכֹּלָה vb. be complete, at an end, finished, accomplished, spent⁷

⁵ MacArthur, John. [*The Battle for the Beginning: The Bible on Creation and the Fall of Adam*](#). Nashville, TN: W Pub. Group, 2001. Print.

⁶ MacArthur, John, Jr., ed. The MacArthur Study Bible. electronic ed. Nashville, TN: Word Pub., 1997. Print.

⁷ Brown, Francis, Samuel Rolles Driver, and Charles Augustus Briggs. Enhanced Brown-Driver-Briggs Hebrew and English Lexicon 1977 : 477. Print.

It's a passive construction and refers to the completion of the work of creation.⁸

A. Creation was in Six Days

1. The Bible consistently says that God created it all in six days, and Genesis 2:2 says that on the seventh day He ceased His creative work.
2. Exodus 20:11 (NASB) For in six days the Lord made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the Lord blessed the sabbath day and made it holy.
3. Exodus 31:15-17 (NASB) For six days work may be done, but on the

⁸ Reybun, William David, and Euan McG. Fry. [A Handbook on Genesis](#). New York: United Bible Societies, 1998. Print. UBS Handbook Series.

seventh day there is a sabbath of complete rest, holy to the Lord; whoever does any work on the sabbath day shall surely be put to death. 16 So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.’ 17 It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.”

B. Creation is Not Ongoing

Interestingly, science itself offers evidence that Genesis 2:1 is true.

The first law of thermodynamics rules out the possibility of ongoing creation, and the second law of thermodynamics eliminates the possibility that an ordered universe evolved naturally from chaos.⁹

1. There is no ongoing creation of matter or energy
2. That is exactly what the First Law of Thermodynamics says
3. This law (also referred to as the Law of Conservation of Energy and/or Mass) states that neither matter nor energy can be either created or destroyed
4. Psalm 102:25-26 speaks of the Second Law of Thermodynamics

⁹ Ibid., MacArthur, John. The Battle for the Beginning

when it says, “Of old You founded the earth, and the heavens are the work of Your hands. 26 “Even they will perish, but You endure; and all of them will wear out like a garment; like clothing You will change them and they will be changed.”

5. The earth is “wearing out like a garment.”
6. This is the Second Law of Thermodynamics also called the Law of Increasing Entropy
7. It states: that in all physical processes, every ordered system over time tends to become more disordered

8. Everything is running down and wearing out as energy is becoming less and less available for use
9. That means the universe will eventually “wear out”

So in His perfect wisdom God designed the universe so that what He created would be complete and will remain functioning as long as it serves His purposes.

It is neither eternal nor self-sufficient.

It is the product of God’s creative genius.

Notice also that...

C. Creation Included All the Hosts of Heaven

In Scripture the term “hosts” is used to describe the starry host (Deut.4:19), the angelic host (1Ki 22:19), the host of Israel (Ex.12:41), and the ministering Levites (Num 4:23).¹⁰

The general sense of the word is a large number of organized things, and so in relation to the heavens and earth it means “all its parts, everything in it.” TEV attempts to include this thought with “the whole universe.”¹¹

So “hosts” is probably simply a

¹⁰ Albert Barnes. Barnes' Notes on the Bible.

¹¹ Ibid., Reyburn, William David, and Euan McG. Fry. A Handbook on Genesis.

reference to all the things that God created.¹²

D. Jesus Currently Sustains His Creation

Remember He is the Creator too?

1. John 1:3 (NASB) All things came into being through Him, and apart from Him nothing came into being that has come into being.
2. Colossians 1:16 (NASB) For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things have been

¹² Hindson, Edward E., and Woodrow Michael Kroll, eds. [KJV Bible Commentary](#). Nashville: Thomas Nelson, 1994. Print.

created through Him and for Him.

3. The writer of Hebrews says in Hebrews 1:3 that Jesus is “upholds all things by the word of His power.”

So God completed His work of creation and what does He do?

II. God Rested from His Work (v.2b)

“and He rested on the seventh day from all His work which He had done.”

As I said earlier, God’s rest is not the same as ours.

He does not grow weary.

Only His creatures do that.

Now the Hebrew verb "rested" (shabath) is does not to imply any kind of weariness.

It is not that God was worn out after a tough work week.

Isaiah 40:28 says, "He faints not, neither is weary."

When God works, whether He's working in creation or whether He's upholding the creation by the Word of His power as we saw in Hebrews 1, or whether He's accomplishing any particular task, there is no dissipation of energy, there is no law of entropy, there is no breaking down of matter, there is no disintegration in the

absolute, ineffable, pure, holy power of God.

That's why Psalm 121:4 says He doesn't slumber and He doesn't sleep. He needs no replenishing.

He needs no refreshing because He never gets weary, He never gets tired.

What does the Hebrew verb mean?

“Rested” is a word that we could misunderstand.

It's similar to our English word that I just mentioned.

It means...

A. He Ceased Working

1. The Hebrew word simply means "not to do work."
2. It is a negative connotation, primarily, not to do work.
3. And what it is saying is since He had completed the creation, there was nothing for Him to do with regard to the creation. He ceased to work. He ceased to do the work of creation.
4. And the word is used in those negative ways even the Mosaic Sabbath Law texts, giving us the idea that the indication, first of all, here is that God was done with His work and so He didn't do any further

work.

5. Listen to Exodus 20, the Ten Commandments, "Remember the Sabbath day to keep it holy," this is under the Mosaic Law, "Six days you shall labor and do all your work, but the seventh day is a Sabbath of the Lord your God, in it you shall not do any work." Verse 11, "For in six days the Lord made the heavens and the earth, the sea and all that is in them and didn't work...is literally what it means...did no work on the seventh day."

So that the seventh day was rest, not in the sense of replenishing lost energy, but in the sense of not doing

any work. That same idea is also in Exodus 23:12.

But there's something more than that.

There is also a positive effect in that word.

It can be used in a positive way.

Exodus 31:17 says, "In six days the Lord made heaven and earth," and again reiterating exactly the same time as Genesis, "six days the Lord made heaven and earth, but on the seventh day...it says literally in the Hebrew...He ceased." He stopped. He stopped creating. He stopped making. "And was refreshed," now that's an addition. That's the positive side of it.

Now you say, "What does it mean He was refreshed?"

That sounds again like He needed to sort of regain His dissipated energy."

Not at all. The idea of that Hebrew word "refreshed" is the idea of satisfaction or delight.

B. He Delighted in His Work

It is not to say that the result of God not working was some necessary replenishing of lost energy or strength, not some level of rehabilitation, but the idea of being refreshed or to find delight because of satisfaction.

It's really the response of God to what is stated in verse 31 that He saw

everything He made, it was very good and as a result of that, He was satisfied.

He found joy. He found delight. He found a certain fulfillment, satisfaction of accomplishment.¹³

It's noteworthy that there's no mention of the word Sabbath here, it doesn't occur in Genesis chapters 1 and 2, the creation account.

And furthermore, there is nothing said about man resting here.

It is not appropriate to inaugurate here in Genesis some rest for man, that is to miss the point here.

¹³ <https://www.gty.org/library/sermons-library/90-221/the-rest-of-creation>

In fact, man isn't even mentioned here in connection with this seventh day rest, only God is mentioned.

No rest for man is inaugurated here.

No Sabbath for man is inaugurated here.

That doesn't come until the Mosaic Law.

Notice something else that's not here:

“And evening and morning were the seventh day.”

It's mentioned at the end of each day but the seventh.

The reason it doesn't say evening and morning is because God's delight didn't end in 24 hours, did it?

In fact, God's delight wouldn't end until sin came (Gen.3).

That seventh day inaugurated some period of time in which God delighted in a world that sparkled with pure life and a world which enjoyed the presence of God and a man and his wife in open fellowship with their creator.

Sin and its resulting curse still unknown.

There was no more creation work to do and there was no work of preserving all of this because it wasn't prone to decay.

And so we could say that on day seven God entered into a permanent state of rest, at least permanent until sin.

The conditions and characteristics then of that seventh day were designed by God to continue and they would have continued had it not been for the sin of Adam and Eve.

It was not God's design that they would eat of the tree of the knowledge of good and evil and bring a curse.

It wasn't God who prompted them to do that and destroy their paradise.

The entrance of sin devastated Eden's perfection.

As the prophet Isaiah said in Isaiah 59:2, "Your sins, your iniquities have made a separation between you and your God."

Genesis 2:3 tells us more about the seventh day. It tells us that...

III. God Blessed and Sanctified the Seventh Day (v.3)

A. God Blessed the Seventh Day (v.3a)

This blessing is a memorial.

A memorial to remember that God is the Creator and that He completed His work of creating the heavens and the earth in six twenty-four hour days.

God also...

B. God Sanctified the Seventh Day (v.3b)

Everything God created thus far is called “good” or “very good.” The seventh day alone is called “holy” (2:1–3).¹⁴

That makes the seventh day is unique.

It is an exalted day, because God blessed it and sanctified it.

The Hebrew word translated “sanctified” in verse 3 is qedesh

Its root meaning is “holy,” and it conveys the idea of being set apart

¹⁴ Hamilton, Victor P. “Genesis.” Evangelical Commentary on the Bible. Vol. 3. Grand Rapids, MI: Baker Book House, 1995. 12. Print. Baker Reference Library.

This is the first time in Scripture anything is said to be holy.¹⁵

Douglas F. Kelly writes, “Grammatical considerations indicate that two things are implied by the clause: ‘he hallowed it’: on the one hand, He made it holy (the Piel stem of the verb here implies causation), and on the other hand, He declared it to be holy, or consecrated it (for this form of the verb also carries here a declarative sense).”¹⁶

In other words, God’s cessation of activity on the seventh day naturally made that day holy, and this is reinforced by the fact that He expressly declared it to be a special day. It was a

¹⁵ Ibid., MacArthur, John. The Battle for the Beginning

¹⁶ Douglas F. Kelly. Creation and Change, p.237.

day set apart. It was elevated above the other days and deemed holy.¹⁷

CONCLUSION

1. So the seventh day was a special day.
2. It was made and declared to be a holy day, a day of not working.
3. And it set up a pattern for man---that he would work 6 days and rest on the seventh.
4. Hebrews 4 talks about another kind of rest.
5. It's the rest that God provides to those who believe in Christ.

¹⁷ Ibid., MacArthur, John. The Battle for the Beginning

6. It's the rest of salvation.
7. But Israel failed to enter it because of their disobedience.
8. Hebrews 4
9. Have you entered the rest of salvation?
10. Or are you still searching for the way?
11. Jesus said in John 14:6 (NASB) "I am the way, and the truth, and the life; no one comes to the Father but through Me."
12. Cease from trying to find your way to heaven.
13. God has already provided the way.

14. It's found in His Son the Lord Jesus Christ.

15. Jesus said in Matthew 11:28-30 (NASB)

“Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

16. You can come to Him right now as we pray.

17. Let's pray.