

## Response and Reflection:



Thus the heavens and the earth were completed, and all their hosts. By 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. Then 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**

**To understand God's plan for rest in our lives, it's imperative that we understand the beginning of rest as mentioned in Genesis 2.**



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**There are 2 primary words for rest in Hebrew.**

1. *Shabbat* means to stop \_\_\_\_\_.
2. *Nuakh* means to dwell, \_\_\_\_\_, or abide.

**God rests from His \_\_\_\_\_ (shabbat; Genesis 2:2-3) and then God rests His people to \_\_\_\_\_ with Him (nuakh; Genesis 2:15).**

**Key Truth:** Our \_\_\_\_\_ is connected to His \_\_\_\_\_ work.

**God sets a pattern in creation that He repeats at key moments in the future.**

- \_\_\_\_\_ **Rest:** Genesis 2:1, *“The heavens and the earth were completed...”*
- \_\_\_\_\_ **Rest:** John 19:30, *“When Jesus had received the sour wine, He said, ‘It is finished!’”*
- \_\_\_\_\_ **Rest:** Philippians 1:6, *“For I am confident of this very thing, that He who began a good work in you will complete it...”*

**Five principles of rest from the creation account:**

**Principle 1:** Rest requires personal \_\_\_\_\_.

**Principle 2:** Rest involves humble \_\_\_\_\_.

**Principle 3:** Rest includes elements of \_\_\_\_\_ and joy.

**Principle 4:** Rest is satisfied in completed \_\_\_\_\_.

**Principle 5:** Rest is fully \_\_\_\_\_ with God.