

## VERSES ON REST

**Genesis 2:2-3** 2 On the seventh day God finished his work that he had done, and he rested (שבת) on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested (שבת) from all his work that he had done in creation.

**Exodus 20:9-11** 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to Yahweh your God. On it you shall not do any work, you, your son, your daughter, your male servant, your female servant, your livestock, or the sojourner who is within your gates. 11 For in six days Yahweh made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore Yahweh blessed the Sabbath day and made it holy.

**Exodus 33:13-14** 13 If I [Moses] have found grace in your sight, please show me now your ways, that I may know you in order to find grace in your sight. Consider too that this nation [Israel] is your people. 14 And [Yahweh] said, My presence will go with you, and I will give you rest (נוח).

**Exodus 34:21** 21 Six days you shall work, but on the seventh day you shall rest. In plowing time and in harvest you shall rest.

**Exodus 35:2-3** 2 Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to the Lord. Whoever does any work on it shall be put to death. 3 You shall kindle no fire in all your dwelling places on the Sabbath day.

**Joshua 21:43-45** 43 Thus [Yahweh] gave to Israel all the land that he swore to give to their fathers. And they took possession of it, and they settled there. 44 And Yahweh gave them rest on every side just as he had sworn to their fathers. Not one of all their enemies had withstood them, for Yahweh had given all their enemies into their hands. 45 Not one word of all the good promises that Yahweh had made to the house of Israel had failed. All came to pass.

**Joshua 22:4** 4 ...Now Yahweh your God has given rest to your brothers, as he promised them. Therefore turn and go to your tents in the land where your possession lies, which Moses the servant of Yahweh gave you [Reuben, Manasseh, and Gad] on the other side of the Jordan.

**Psalms 116:7-8** 7 Return, my soul, to your rest, for Yahweh has dealt bountifully with you. 8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling.

**Psalms 127:1-2** 1 Unless Yahweh builds the house, those who build it labor in vain. Unless Yahweh watches over the city, the watchman stays awake in vain. 2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil. For he gives to his beloved sleep.

**Psalms 94:12-13** 12 Blessed is the man whom you discipline, Yahweh, and whom you teach out of your Torah, 13 to give him rest from days of trouble, until a pit is dug for the wicked.

**Psalms 95:10-11** 10 For forty years I loathed that generation and said, They are a people who go astray in their heart, and they have not known my ways. 11 Therefore I swore in my wrath, They shall not enter my rest.

**Psalms 116:7** 7 Return, my soul, to your rest, for Yahweh has dealt bountifully with you.

**Ecclesiastes 4:6** 6 Better is a handful of quietness than two hands full of toil and a striving after wind.

**Isaiah 14:3-7** 3 When Yahweh has given you rest from your pain, turmoil, and the hard service with which you were made to serve, 4 you will take up this taunt against the king of Babylon: How the oppressor has ceased, the insolent fury ceased! 5 Yahweh has broken the staff of the wicked, the sceptre of rulers, 6 that struck the peoples in wrath with unceasing blows, that ruled the nations in anger with unrelenting persecution. 7 The whole earth is at rest and quiet. They break forth into singing.

**Isaiah 30:15-16** 15 ... Thus said Lord Yahweh, the Holy One of Israel, In returning and rest you shall be saved. In quietness and in trust shall be your strength. But you were unwilling. 16 And you said, No! We will flee upon horses. Therefore you shall flee away. And, We will ride upon swift steeds. Therefore your pursuers shall be swift.

**Isaiah 32:16-18** 16 ... Justice will dwell in the wilderness, and righteousness abide in the fruitful field. 17 And the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever. 18 My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places.

**Jeremiah 6:16** 16 Thus says Yahweh: Stand by the roads, and look, and ask for the ancient paths, where the good way is, walk in it, and find rest for your souls. But [Israel] said, We will not walk in it.

**Matthew 11:28-30** 28 Come to me [Jesus], all who labor and are heavy laden, and I will give you rest (*ἀναπαύω*). 29 Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest (*ἀνάπαυσις*) for your souls. 30 For my yoke is easy, and my burden is light.

**Mark 6:31-32** 31 ... Jesus said to [the apostles], Come away by yourselves to a desolate place and rest (*ἀναπαύω*) a while. For many were coming and going, and they had no leisure even to eat. 32 And they went away in the boat to a desolate place by themselves.

**Hebrews 3:18-4:13** 18 ... To whom did [God] swear that they would not enter his rest, but to those [Israelites] who were disobedient? 19 So we see that they were unable to enter because of unbelief. 1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united (*συγκεράννυμι*)<sup>1</sup>

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<sup>1</sup> “[T]o bring about a blend by mixing various items, *blend, unite*, lit., pass., of colours” (*BDAG*, 952).

by faith with those who listened. 3 For we who have believed enter that rest, as he has said, As I swore in my wrath, They shall not enter my rest, although his works were finished from the foundation of the world. 4 For he has somewhere spoken of the seventh day in this way: And God rested on the seventh day from all his works. 5 And again in this passage he said, They shall not enter my rest. 6 Because therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, Today, saying through David so long afterward, in the words already quoted, Today, if you hear his voice, do not harden your hearts. 8 For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his. 11 Let us therefore strive (σπουδάζω)<sup>2</sup> to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

**Revelation 14:13** 13 ...Blessed are the dead who die in the Lord from now on. Blessed indeed, says the Spirit, that they may rest (ἀναπαύω) from their labours, for their deeds follow them!

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<sup>2</sup> “[T]o proceed quickly, *hurry, hasten*...to speed up a process, *expedite*...to be especially conscientious in discharging an obligation, be zealous/eager, take pains, make every effort, be conscientious” (BDAG, 939).