

WHAT IN THE WORLD HAPPENED?

Time for Some R & R : Genesis 2:1-7

Open:

- * Some weeks are more productive than others ... leadership books on time management suggest ... the week prior to one's "vacation week" is one of the most productive weeks of the year ... much to accomplish so you can enjoy time away.
 - This week or a couple days into next week and another year of school will have been completed.
 - Perhaps you are looking for a little downtime after working hard ... that's how **Genesis 2** begins.
- **Genesis 1** opens with God creating the world in six days (productive week).
 - Why 6 days? Why not speak it into existence at once?
 - God was establishing a pattern for the rhythm of human life.
 - We measure time in days (24 hours for the earth to revolve), 7-day week (ties to creation), month (time it takes for the moon to circle the earth) and years (the earth to orbit the sun).
- Our watches and calendars speak quietly ... it began with God, and He is in control.
- Man lives his life based on a 7-day cycle ... 6 days God created the world, and on the 7th day He rested.
- Thus **Genesis 1 & 2** not only tells the creation story, it establishes the precedent and the pattern for our lives today.
- * Our study today will cover **Genesis 2:1-7**
 - We might break these 7 verses this way: bless, rest, stress ...

(1) Bless

Genesis 2:1-2 NKJV Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

– The 7th day was unique, different from the other days.

√ On this day God rested ... not because He was tired ... providing for us an example.

→ He who takes time to rest realizes that he is blessed, and this keeps him from feeling stressed.

√ On the flip side: no rest (busy & distracted) not happy or blessed and often uptight ... or stressed.

➤ The work of creation was finished or completed.

– No loose ends to tie up, no problems to fix, no modifications to the original plan, no assembly required.

– God stepped back and looked at His work and smiled.

→ It feels good to finish a job and know you did your best.

√ Finished ... isn't that the reward of work? Personal Illust: Mom and Dad's front porch ... after a day of scraping and power washing ... it felt good to sit and enjoy the fruit of one's labor ... this is the value and dignity of work.

➤ Finished! The flowers bloomed, birds sang, waterfalls cascaded, stars twinkled and angels clapped for joy.

– These words would be spoken by God again ... fast forward – New Testament.

√ This time it's the redemption story ... on the cross, the words rang out: **"It is finished."**

√ Jesus accomplished everything necessary to make salvation possible ... with shock and wonderment the angels looked on.

→ We are most blessed because it is possible for our sins to be forgiven.

➤ The word “finished” or “completed” argues against the evolution theory which states:

√ Things are evolving, improving and progressing along.

√ That which began in the mind of God is completed.

√ He thought it, He spoke it, and it was so.

Hebrews 11:3 NLT By faith we understand that the entire universe was formed at God’s command ...

➤ As it was in creation, so it is with salvation ... God finishes what He starts:

Philippians 1:6 NLT And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns.

(2) Rest

Genesis 2:3-4 NKJV ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. ⁴ This is the history of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens.

– Rest: to stop or cease from working.

√ The observance of the Sabbath became a part of God’s covenant with Israel later on.

√ It occurs several places in Exodus.

- It is found among the 10 Commandments (**Exodus 20:9-11**) and repeated in **Exodus 31:12-17**.

√ However, by Jesus’ day this command had become distorted and “well-meaning” religious leaders had made it an intolerable burden.

- It became like the IRS tax code and a list of what was not allowed followed.
 - √ You could not carry a loaf of bread from one house to another.
 - √ You could not put out the light of your lamp because that was considered work.
 - √ It was permissible to lift a child, but if that child had a stone in their hand the mother had broken the Sabbath by doing work.
 - √ It was okay to look in a mirror, but if you saw a white hair and pulled it out, that was considered work.
 - √ To scatter two seeds was sowing and that was classified as work.
 - √ To pluck a blade of grass was work, to lift a dried fig was to lift a burden ...

➤ No wonder Jesus condemned the legalistic Pharisees. They had turned it into something God did not intend it to be.

* As often the case is, the pendulum has swung the opposite direction.

- The New Testament believer has chosen Sunday (due to Jesus rising this day) as a day of celebration and worship.
- Today our “rest” is not so much in a special day but in a person – the Lord Jesus.

* As to what is allowable on Sunday, that is between you and God, but know this:

- We need a day where we cease from work and delight in God. Celebrate the finished work of the Savior.
- If you work 6 days and rest one, you will be more productive on the 6.
- Working 7 days a week suggests you’re not content and you need to reprioritize.
- Do remember, though ... you work 6 and rest one and not the other way around.

(3) **Stress** – a few things about what took place in **Genesis 1**.

Genesis 2:5-7 NKJV ⁵ Before any plant of the field was in the earth and before any herb of the field had grown. For the Lord God had not caused it to rain on the earth, and there was no man to till the ground; ⁶ but a mist went up from the earth and watered the whole face of the ground. ⁷ And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

- The earth was watered by a dew-like mist. Pre-Noah days.
 - √ One theory – a canopy circled the earth creating a greenhouse perfect environment, protecting from the harmful rays of the sun ... this is the explanation given as to why people lived so long.
- As for man (**Vs. 7 the Lord God formed him**)
 - √ Jehovah Elohim. Jehovah speaks of being personable and Elohim as powerful.
 - √ Jehovah points to redemption – God’s provision for man. Elohim to creation – a place where man would live.
- Thus, we see God intimately involved: **He formed man.**
 - √ Word picture: What a potter does with clay (mold, shape, form) God does with man.
 - √ His omniscience coupled with His omnipotence allowed Him to bring forth a complete creature.

→ Man is the product of God’s mind, thoughts and heart.

➤ Notice the ingredients used: **dust of the ground and the breath of God.**

- Our bodies are made of lowly stuff ... little bit of water and a little bit of dirt.
- Some medical doctor calculated: the human body is made up of 58 pounds of oxygen, 50 quarts of water, 2 ounces of salt, 3 pounds of calcium, 24 pounds of carbon and some chlorine and phosphorous, fat, iron, sulphur and glycerin. Add dust and water ...

- Yet, our bodies are a complex thing:
 - √ A piece of skin the size of a postage stamp requires 3 million cells, a yard of blood vessels, 4 yards of nerves, 100 sweat glands, 15 oil glands and 25 nerve endings!
 - √ How can this be the result of blind chance?
- Girls are made of sugar and spice and everything nice, and little boys are made of slugs and snails and puppy dog tails ...
 - But what makes us special? God breathed His own breath into man.
 - The breath of God is the Spirit of God.
 - √ He wasn't just breathing air into Adam's lungs.
 - √ The animals are living, breathing creatures, but God didn't breath His Spirit into them.
 - √ God made man to be a spiritual being, able to relate and enjoy His company.
 - Here we see the earthly and eternal existence of man: made from the dust of the earth but brought to life by the breath of God.
- Herein lies the difference in things created.
 - Vegetation lives but is inanimate – has neither soul or spirit.
 - Animals are living souls but have no spirit.
 - Mankind has soul and spirit.
- Man is God's prize creation and has the capacity to fellowship with His creator.
 - √ He has both earth and heaven involved in his creation.
 - √ He can choose to live for either earth or heaven.
 - √ He can choose to love and worship God or ignore Him.

Close:

There you have it!

Blessed – God finished what He started.

Rest – Take time out to consider your Creator.

Stress – We have the opportunity to fellowship and enjoy this great God!

Pastor Ralph Schneck
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