

# **BA62. Seeking Rest and Refreshment in God.**

*We are to seek rest and refreshment in God.*

BA62a: *We are to seek rest in God.*

BA62b: *We are to seek refreshment in God.*

This precept is derived from His Word (blessed is He):

## **Key New Testament Scriptures**

Acts 3:19-20

*Therefore, repent and turn to God, so that your sins may be erased; so that times of refreshing may come from the Lord's presence; and he may send the Messiah appointed in advance for you, that is, Yeshua.*

Hebrews 4:1

*Therefore, let us be terrified of the possibility that, even though the promise of entering his rest remains, any one of you might be judged to have fallen short of it;*

## **Additional New Testament Scriptures**

Hebrews 3:10-11, 17-18, 4:5, 9

## **Related New Testament Mitzvot**

BA2 Seeking Rest, Refreshment, & Renewal in Yeshua & the Holy Spirit

## **Supportive Tanakh Scriptures**

Exodus 23:12

*For six days, you are to work. But on the seventh day, you are to rest, so that your ox and donkey can rest, and your slave-girl's son and the foreigner be renewed.*

Exodus 31:15

*On six days work will get done; but the seventh day is Shabbat, for complete rest, set apart for ADONAI. Whoever does any work on the day of Shabbat must be put to death.*

Exodus 33:14 (NKJ)

*And He said, "My Presence will go with you, and I will give you rest."*

Psalms 51:12(10)

*Create in me a clean heart, God; renew in me a resolute spirit.*

Isaiah 40:31

*but those who hope in ADONAI will renew their strength, they will soar aloft as with eagles' wings; when they are running they won't grow weary, when they are walking they won't get tired.*

**Comment**

The purpose of resting is to receive refreshment and renewal. Various Scriptures command us to rest from work weekly and annually on the various Sabbaths, and to rest our souls in God always. Because Yeshua and the Holy Spirit are *echad* with God the Father, this *Mitzvah* could well have had the title of BA2: “Seeking Rest, Refreshment & Renewal in Yeshua and the Holy Spirit.”

“Rest,” “refreshment,” and “renewal” are related, but they are not the same and they can mean different things in different contexts. “Refreshment” means revitalization – giving fresh and renewed strength. It is a simple enough concept that applies to our bodies, souls, and spirits, so we will not discuss it further.

“Rest” most commonly refers to the physical rest of our bodies that is needed for physiological “renewal.” The Scriptures that command we rest on the various Sabbaths include physical rest but point to a higher kind of rest and renewal as well – rest of our souls and spirits by surrendering ourselves to God and allowing Him to take our burdens and cares upon himself.

**Related Mitzvot in Volumes 1 & 2**

- D01 Resting from Work & Assembling on the Weekly Sabbath
- D04 Resting from Work & Assembling on God’s Annual Sabbaths
- D19 Resting & Returning Ownership of Our Land in the Jubilee Year