

An aerial photograph of rolling green hills at sunrise. The foreground shows a large green field with distinct diagonal furrows. In the middle ground, there are smaller green fields and a cluster of trees. The background features more rolling hills under a soft, golden light from the rising sun. The overall mood is peaceful and serene.

Entering Into His

REST

shabbat

And on the seventh day God ended (kalah) His work (melakah) which He had done, and He rested (shabbat) on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested (shabbat) from all His work which God had created and made.

NKJ Genesis 2:2-3

- **kalah** 3615 כָּלָה – accomplished, finish, end, complete
- **mela'kah** 4399 מְלָאכָה – occupation, work, business
- **shabbat** 7673 שָׁבַת - to cease, desist, rest

Behold, He who keeps Israel Shall neither slumber nor sleep.

NKJ **Psalm 121:4**

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

ESV **Isaiah 40:28**

- **kalah** 3615 כָּלָה – accomplished, finish, end, complete
- **mela'kah** 4399 מְלָאכָה – occupation, work, business
- **shabbat** 7673 שָׁבַת - to cease, desist, rest

Then the king of Egypt said to them,
"Moses and Aaron, why do you take (**para**)
the people from their work? Get *back* to
your labor." ⁵ And Pharaoh said, "Look,
the people of the land *are* many now, and
you make them rest (**shabbat**) from their
labor!"

NKJ **Exodus 5:4-5**

- **kalah** 3615 כָּלָה – accomplished, finish, end, complete
- **mela'kah** 4399 מְלָאכָה – occupation, work, business
- **shabbat** 7673 שָׁבַת - to cease, desist, rest
- **para** 6544 פָּרַע – to lead, let go, loose, to cause to refrain

Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. ¹¹ For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested (**nuwach**) the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it

NKJ **Exodus 20:8-11**

- **kalah** 3615 כָּלָה – accomplished, finish, end, complete
- **mela'kah** 4399 מְלָאכָה – occupation, work, business
- **shabbat** 7673 שָׁבַת - to cease, desist, rest
- **para** 6544 פָּרַע – to lead, let go, loose, to cause to refrain

shamat

Six years you shall sow your land and gather in its produce, ¹¹ "but the seventh year you shall let it rest (**shamat**) and lie fallow, that the poor of your people may eat; and what they leave, the beasts of the field may eat. In like manner you shall do with your vineyard *and* your olive grove. ¹² "Six days you shall do your work (**ma'asah**), and on the seventh day you shall rest (**shabbat**), that your ox and your donkey may rest (**nuwach**), and the son of your female servant and the stranger may be refreshed (**naphash**)

NKJ **Exodus 23:10-12**

- **shamat** 8058 שָׁמַת – to release, let loose, let drop
- **shabbat** 7673 שָׁבַת – to cease, desist, rest
- **ma'aseh** 4639 מַעֲשֵׂה – noun form of ...
- **asah** - 6213 עָשָׂה – to do, make, fashion
- **naphash** 5314 נָפַשׁ – to refresh
- **nephesh** 5315 נֶפֶשׁ – "living souls"

'It *is* a sign between Me and the children of Israel forever; for *in* six days the LORD made the heavens and the earth, and on the seventh day He rested (**shabbat**) and was refreshed (**naphash**).

NKJ **Exodus 31:17**

- **shamat** 8058 שָׁמַת – to release, let loose, let drop
- **shabbat** 7673 שָׁבַת – to cease, desist, rest
- **ma'aseh** 4639 מַעֲשֵׂה – noun form of ...
- **asah** - 6213 עָשָׂה – to do, make, fashion
- **naphash** 5314 נָפַשׁ – to refresh

shabbathown

Then he said to them, "This *is what* the LORD has said: 'Tomorrow *is* a Sabbath rest (**shabbathown**), a holy Sabbath to the LORD. Bake what you will bake *today*, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.'..."

NKJ **Exodus 16:23**

- **shabbathown** 7677 שַׁבָּתוֹן – a Sabbath observance which includes the festivals
- **shabbat** 7673 שַׁבַּת - to cease, desist, rest
- **shamat** 8058 שָׁמַת – to release, let loose, let drop
- **mela'kah** 4399 מְלָאכָה – occupation, work, business

'Work shall be done for six days, but the seventh *is* the Sabbath of rest (**shabbat shabbathown**), holy to the LORD.

Whoever does *any* work on the Sabbath day, he shall surely be put to death.

NKJ **Exodus 31:15**

- **shabbathown** 7677
שַׁבְּתוֹן – a Sabbath observance which includes the festivals
- **shabbat** 7673 שַׁבַּת -
to cease, desist, rest
- **shamat** 8058 שָׁמַת –
to release, let loose, let drop
- **mela'kah** 4399
מְלָאכָה – occupation, work, business

Six days shall work be done, but the seventh day *is* a Sabbath of solemn rest (**shabbathown**), a holy convocation (**miqra**). You shall do no work *on it*; it *is* the Sabbath of the LORD in all your dwellings.

NKJ **Leviticus 23:3**

- **shabbathown** 7677 שַׁבְּתוֹן – a Sabbath observance which includes the festivals
- **shabbat** 7673 שַׁבַּת - to cease, desist, rest
- **miqra** 1744 מִקְרָא – a calling together, a sacred assembly

Six years you shall sow your field, and six years you shall prune your vineyard, and gather its fruit; ⁴ 'but in the seventh year there shall be a sabbath of solemn rest (**shabbat shabbathown**) for the land, a sabbath to the LORD. You shall neither sow your field nor prune your vineyard. ⁵ 'What grows of its own accord of your harvest you shall not reap, nor gather the grapes of your untended vine, *for* it is a year of rest (**shabbathown**) for the land.

NKJ **Leviticus 25:3-5**

- **shabbathown** 7677 שַׁבָּתוֹן – a Sabbath observance which includes the festivals
- **shabbat** 7673 שַׁבַּת - to cease, desist, rest
- **miqra** 1744 מִקְרָא – a calling together, a sacred assembly

nuwach

Then the ark rested (**nuwach**) in the seventh month, the seventeenth day of the month, on the mountains of Ararat.

NKJ **Genesis 8:4**

- **nuwach** 5117 נִוַּח -
to rest, settle down,
remain

Word Picture

- noon = fish,
grandson, continue,
endure (Ps. 72:17)
- vav = tent peg,
secure
- chet = wall, hedge,
outside, protect

“to continue securely
outside”

And the locusts went up over all the land of Egypt and rested (**nuwach**) on all the territory of Egypt. *They were* very severe; previously there had been no such locusts as they, nor shall there be such after them.

NKJ **Exodus 10:14**

- **nuwach** 5117 נִוַּח -
to rest, settle down,
remain

Word Picture

- noon = fish,
grandson, continue,
endure (Ps. 72:17)
- vav = tent peg,
secure
- chet = wall, hedge,
outside, protect

“to continue securely
outside”

And so it was, when Moses held up his hand, that Israel prevailed; and when he let down (**nuwach**) his hand, Amalek prevailed.

NKJ **Exodus 17:11**

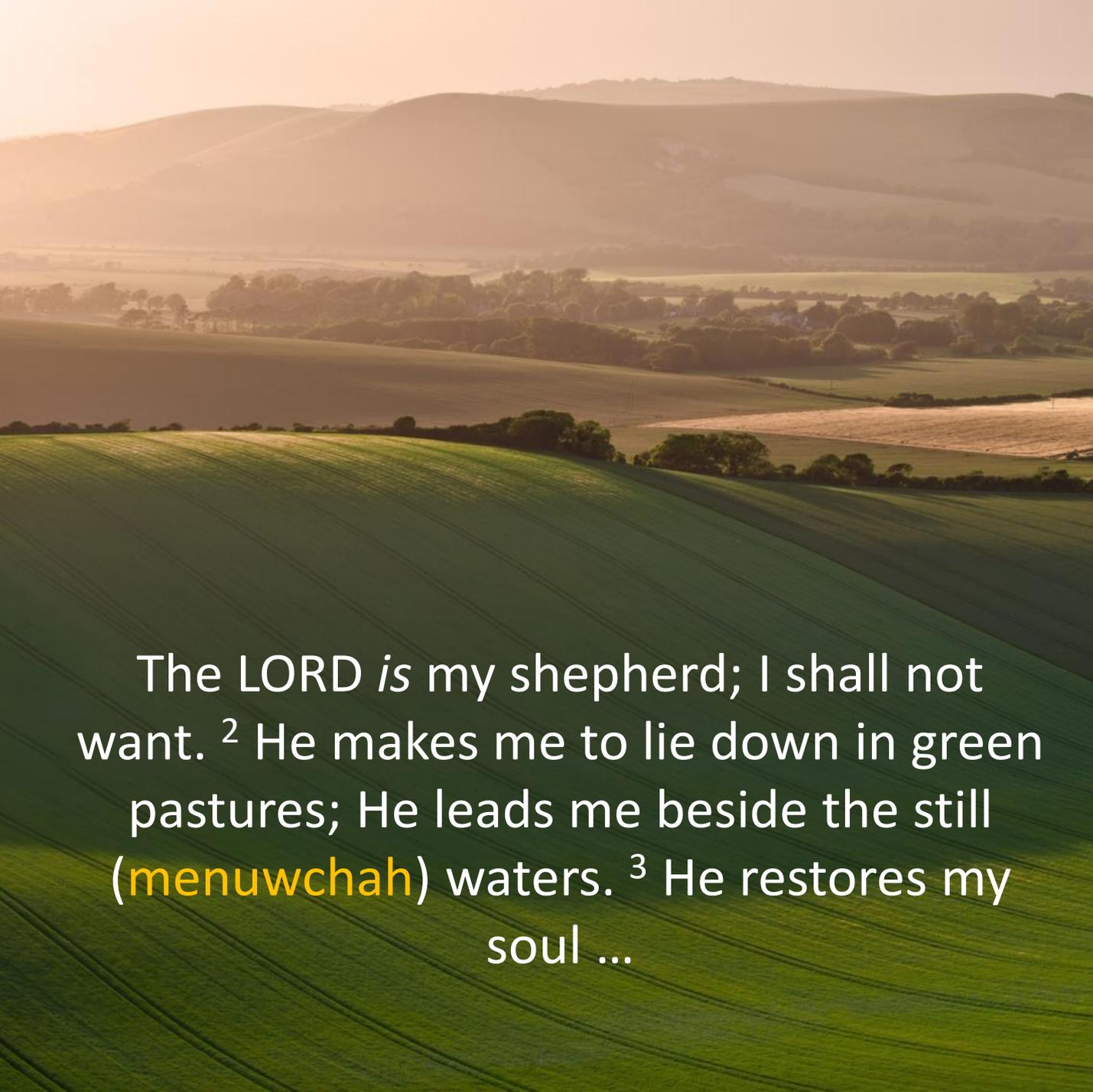
- **nuwach** 5117 נָוַח -
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Word Picture

- noon = fish,
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- vav = tent peg,
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menuwchah



The LORD *is* my shepherd; I shall not want. ² He makes me to lie down in green pastures; He leads me beside the still (**menuwachah**) waters. ³ He restores my soul ...

- **menuwachah** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
- **nuwach** 5117 נוּחַ - to rest, settle down, remain

So it came to pass, at the end of forty days, that Noah opened the window of the ark which he had made. ⁷ Then he sent out a raven, which kept going to and fro until the waters had dried up from the earth. ⁸ He also sent out from himself a dove, to see if the waters had receded from the face of the ground. ⁹ But the dove found no resting place (**manowach**) for the sole of her foot, and she returned into the ark to him, for the waters *were* on the face of the whole earth. So he put out his hand and took her, and drew her into the ark to himself.

NKJ Genesis 8:6-9

- **menuwach** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
- **manowach** 4494 מְנוּחַת – state or condition of rest. From 5117
- **nuwach** 5117 נָוַח - to rest, settle down, remain

Then Naomi her mother-in-law said to her, "My daughter, should I not seek rest (**manowach**) for you, that it may be well with you? ² Is not Boaz our relative, with whose young women you were? See, he is winnowing barley tonight at the threshing floor.

ESV **Ruth 3:1-2**

- **menuwachah** 4496
מְנוּחָה – rest, resting place, quietness. From 5117
- **manowach** 4494
מְנוּחַת – state or condition of rest. From 5117
- **nuwach** 5117 נוּחַ - to rest, settle down, remain

So they departed from the mountain of the LORD on a journey of three days; and the ark of the covenant of the LORD went before them for the three days' journey, to search out a resting place (**menuwachah**) for them ... ³⁵ So it was, whenever the ark set out, that Moses said: "Rise up, O LORD! Let Your enemies be scattered, And let those who hate You flee before You." ³⁶ And when it rested (**nuwach**), he said: "Return, O LORD, To the many thousands of Israel."

NKJ **Numbers 10:33-36**

- **menuwachah** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
- **manowach** 4494 מְנוּחָה – state or condition of rest. From 5117
- **nuwach** 5117 נָחַ - to rest, settle down, remain

... because all these men who have seen My glory and the signs which I did in Egypt and in the wilderness, and have put Me to the test now these ten times, and have not heeded My voice, ²³ certainly shall not see the land of which I swore to their fathers, nor shall any of those who rejected Me see it.

NKJ **Numbers 14:22**

- **menuwach** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
- **manowach** 4494 מְנוּחָה – state or condition of rest. From 5117
- **nuwach** 5117 נָחָה - to rest, settle down, remain

For forty years I was grieved with *that* generation, And said, 'It *is* a people who go astray in their hearts, And they do not know My ways.' ¹¹ So I swore in My wrath, 'They shall not enter My rest (**menuwachah**).'

NKJ **Psalm 95:10-11**

- **menuwachah** 4496
מנוחה – rest, resting place, quietness. From 5117
- **manowach** 4494
מנוחה – state or condition of rest. From 5117
- **nuwach** 5117 נוח - to rest, settle down, remain

"You shall not at all do as we are doing here today -- every man doing whatever *is* right in his own eyes – ⁹ "for as yet you have not come to the rest (menuwach) and the inheritance which the LORD your God is giving you.

NKJ **Deuteronomy 12:8-9**

- **menuwach** 4496 מְנוּחָה – rest, resting place, quietness.
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- **manowach** 4494 מְנוּחָה – state or condition of rest.
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- **nuwach** 5117 נָוַח - to rest, settle down, remain

"But *when* you cross over the Jordan and dwell in the land which the LORD your God is giving you to inherit, and He gives you rest (**nuwach**) from all your enemies round about, so that you dwell in safety ..."

NKJ **Deuteronomy 12:10**

- **menuwach** 4496
מנוחה – rest, resting place, quietness. From 5117
- **manowach** 4494
מנוחה – state or condition of rest. From 5117
- **nuwach** 5117 נוח - to rest, settle down, remain

So the LORD gave to Israel all the land of which He had sworn to give to their fathers, and they took possession of it and dwelt in it. ⁴⁴ The LORD gave them rest (**nuwach**) all around, according to all that He had sworn to their fathers. And not a man of all their enemies stood against them; the LORD delivered all their enemies into their hand. ⁴⁵ Not a word failed of any good thing which the LORD had spoken to the house of Israel. All came to pass.

NKJ **Joshua 21:43**

- **menuwachah** 4496 מְנוּחָה – rest, resting place, quietness.
From 5117
- **manowach** 4494 מְנוּחָה – state or condition of rest.
From 5117
- **nuwach** 5117 נוּחַ - to rest, settle down, remain

“... (he) shall be a man of rest
(**menuwchah**); and I will give him rest
(**nuwach**) from all his enemies all around.
His name shall be Solomon, for I will give
peace and quietness to Israel in his days.”

NKJ **1 Chronicles 22:9**

- **menuwchah** 4496
מְנוּחָה – rest,
resting place,
quietness. From
5117
- **manowach** 4494
מְנוּחַת – state or
condition of rest.
From 5117
- **nuwach** 5117 נִוַּח -
to rest, settle down,
remain

For if Joshua had given them **rest**, then He would not afterward have spoken of another day. ⁹ There remains therefore a **rest** for the people of God. ¹⁰ For he who has entered His **rest** has himself also ceased from his works as God *did* from His. ¹¹ Let us therefore be diligent to enter that **rest**, lest anyone fall according to the same example of disobedience.

NKJ **Hebrews 4:8-11**

- **nuwach** 5117 נִוַּח - to rest, settle down, remain
- **shabbat** 7673 שָׁבַת - to cease, desist, rest
- **menuwchah** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
- **katapauo** 2664 – to make quiet, cause to be at rest
- **sabbatismos** 4520 - a Sabbath keeping
- **katapausis** 2663 – calming the winds, a resting place

For if Joshua had given them rest
(**katapauo** - Josh 22:4), then He would not
afterward have spoken of another day. ⁹
There remains therefore a rest
(**sabbatismos** - Gen.2:2) for the people of
God. ¹⁰ For he who has entered His rest
(**katapausis** — Deut. 12:3, Ps 94:11) has himself
also ceased from his works as God *did*
from His. ¹¹ Let us therefore be diligent to
enter that rest (**katapausis**), lest anyone
fall according to the same example of
disobedience.

NKJ **Hebrews 4:8-11**

- **nuwach** 5117 נִוַּח -
to rest, settle down,
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calming the winds, a
resting place

Therefore, since a promise remains of entering His rest (**katapausis – menuwchah**), let us fear lest any of you seem to have come short of it. ² For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. ³ For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' " although the works were finished from the foundation of the world.

NKJ **Hebrews 4:1**

- **nuwach** 5117 נִוַּח - to rest, settle down, remain
- **shabbat** 7673 שָׁבַת - to cease, desist, rest
- **menuwchah** 4496 מְנוּחָה – rest, resting place, quietness. From 5117
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Let's All Enter Into His

Sabbath REST

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שְׁלוֹם לְכֶם

Shalom Aleichem

Peace be Unto You