

Genesis 2

Sabbath Concept

Read Genesis 2:1-3: Man tends to focus on his accomplishments. God focuses on our comprehension of our reliance on him. In the mind of man, the 7th day is a day of nothing. My desire for accomplishment tends to get me more excited about having accomplished a goal, than to have someone do it for me. As a Christian, I have to recalibrate my thinking. Jesus did it all for me. That is the only possible way.

God declared day 7 as the most special and set apart. The sabbath is the special day to thank God and rest. God wants us to remember the sabbath and remember the rest he has provided. The only other option is to strive and murmur and come up short on my own.

It is hard to stop and give thanks for what just happened vs. asking for the next thing. We need to be more reflective; and less at full speed on the treadmill. Sabbath thinking is supposed to be a departure from our daily habits. We can get so wrapped around the axle because of our ongoing obligations that it smothers the big picture and the victory. We tend to want to build things; and God wants us to stop and see him as the ultimate builder. We have to let go of our schedule quests for a bit, to regain perspective. The sabbath is a bond breaker.

The sabbath concept also includes our *eternal heavenly rest*. It also applies to the current abundant life (resting in him here). This world has diminishing returns for our efforts. Letting go and letting God is a little counterintuitive. You have to let God drive the bus if you want to get anywhere. You cannot receive the blessings if you are the one making it happen.

“If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, ¹⁴Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken.” (Isaiah 58)

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. ²For 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. ³For 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. ⁴For He has spoken in a certain place of the seventh day in this way: “And God rested on the seventh day from all His works”; ⁵and again in this place: “They shall not enter My rest.” ⁶Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, ⁷again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” ⁸For if Joshua had given them rest, then He would not afterward have spoken of another day. ⁹There remains therefore a rest for the people of God. ¹⁰For he who has entered His rest has himself also ceased from his works as God did from His. (Hebrews 4)

Another World

Read Genesis 2:4-9: God did not set man into a fully-vegetated world. God planted a garden first. For some reason, the tree of life did not draw in Adam. We could have started there.

It is noted that it had not rained yet. It seems that it had never rained before Noah's flood, and that the earth was watered with a ground mist. The flood account reveals that there was a lot of underground water, as well as overhead water.

Scientists speculate that the world was like a terrarium. There were probably a lot of mushrooms growing. There was an atmospheric overhead body of water, like a deep cloud bank; and a lot of underground water misting upwards from the ground. This alone would produce a barometric chamber effect, prolonging life.

The plant life and animal life were incomparably more abundant and bigger before the flood. Some scientists believe that the large amount of atmospheric water is what stopped the dangerous rays that contribute to our aging process. Noah's Flood was judgement on mankind that shortened men's lives from 900 years down to 120 years, and eventually 70 years.

The earth is very protected from radiation. Deep space has hundreds of times the exposure and intensity of radiation than earth. This is why astronauts can't stay in space for more than a few months. Each day in space is equivalent to a year on earth. NASA has discovered that water is the most effective shield from the dangers of space radiation. Water is much more effective than steel or other shields. Water essentially blocks all radiation, except the visible spectrum. That is why we can see things underwater. This has God's engineering written all over it.



The barometric effect and EV-blocking benefits of having so much atmospheric water contributed to longer lifespans for men. Lifespans approached 1,000 years. There are more life-extending factors with all of that than reduced skin cancer risks.

God built man out of the dirt, like a potter forms an earthen vase. This is different than how God created the universe out of nothing.

For He knows our frame; He remembers that we are dust. ¹⁵As for man, his days are like grass; As a flower of the field, so he flourishes. ¹⁶For the wind passes over it, and it is gone, And its place remembers it no more. ¹⁷But the mercy of the LORD is from everlasting to everlasting On those who fear Him, (Psalm 103)

It is very humbling to realize that we only exist as long as God makes us exist. In fact, we are primarily empty space between molecules.

whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. (James 4)

Science tells us that we are 99.999999 % empty space. Our molecules and atoms and subatomic particles look like miniature universes inside of us.

Setting the Table for the Main Event

God completed the rest of the world and the universe, before bringing in man. Atheists would have us believe that we were created by random events. God sent his only son to die for us; which demonstrates the highest-known sacrifice that a man can make for another. We are the result of intense desire and thought and desire. He carefully crafted us for his purposes.

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. (Jeremiah 29:11)

just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, ⁵having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶to the praise of the glory of His grace, by which He made us accepted in the Beloved. (Ephesians 1)

For You formed my inward parts; You covered me in my mother's womb. ¹⁴I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. ¹⁵My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. ¹⁶Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them. (Psalm 139)

Read Genesis 2:10-17: The Garden of Eden is described as a lush garden on top of a mountain. If all of the main rivers flow out of it; then it would have to be on high ground. If the water comes from springs, then there must be significant headwaters somewhere in the garden. I wonder why the Tree of Life was not an attraction. It locked in the eternal state. This is why the cherubim kept man from eating it in his fallen state.

So He drove out the man; and He placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life. (Genesis 3)

Why was it that God had to come looking for Adam after he had taken part in eating from the Tree of Knowledge of Good and Evil?

And they heard the sound of the LORD God walking in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden. ⁹Then the LORD God called to Adam and said to him, "Where are you?" ¹⁰So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." (Genesis 3)

The fall of man was not that he became a sinner when he ate the forbidden fruit. It is why he ate the fruit. The forbidden fruit merely revealed what was already happening in Adam. In other words, he was a sinner in day 1. The creation of a tree boundary just revealed Adam's weakness. In other words, Satan's desire to make Adam separate from God was used as a catalyst to show Adam where he really was at.

I would not have known sin except through the law. For I would not have known covetousness unless the law had said, "You shall not covet." ⁸But sin, taking opportunity by the commandment, produced in me all manner of evil desire. For apart from the law sin was dead. ⁹I was alive once without the law, but when the commandment came, sin revived and I died. ¹⁰And the commandment, which was to bring life, I found to bring death. (Romans 7)

But each one is tempted when he is drawn away by his own desires and enticed. ¹⁵Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. (James 1)

Read Genesis 2:18-25: God has made us less than whole. We need God, and we need others. Our spouse, combined with ourselves makes us one. God with us makes us whole (body, soul and spirit). Either way, Adam was missing something, and he could sense it. It was not because of envy, as he had no neighbors. I assume that it took a while for Adam to name every animal. Adam was working in the garden and naming animals as he went. Eve may not have come along immediately.