

## Rest In The Bible

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### Technical Note

Two main expressions in the OT: "The Lord gave rest," *nuax*, and "the land had rest," *shaqat*.

### Promised

Exod 33:14

Deut 3:20; 25:19; 12:9,10

Cf. Num. 14:23 with Psa 95:8-11.

Three features:

- Israel
- In the land
- At peace from her enemies.

### Adumbrated

#### Joshua

11:23; 21:44; 22:4; 23:1

#### Judges

Total period 1400-1100, about 300 years

Judge	Ref	Period
Othniel	3:11	40
Ehud	3:30	80
Deborah/Barak	5:31	40
<b>Total</b>		<b>160</b>

### Kings

Total kingdom 1095-587 = 518 years

King	Reference	Period
Solomon	1 Kings 5:4; 8:56	40
David	2 Sam 7:1	40
Asa	2 Chr 14:6,7; 15:15	41
Jehoshaphat	2 Chr 20:30	25
<b>Total</b>		<b>146</b>

### Offered

Isa 11:10

Matt 11:28-30

### Present Significance

Acts 3:19, 20 distinguishes seasons of refreshing from time of restitution of all things.

Heb. 6:5, taste powers of age to come

Heb. 4:1-11

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