

**When someone says the
Bible is made up, are you
able to boldly refute them
with proven evidence?**

First off, the subject is Rest and so here is a Rest related joke.

If a child refuses to sleep during nap time, are they guilty of resisting a rest?

Proving the Bible to be True – The earth is a sphere Isaiah 40:22 800 BC

The Bible is not merely a book—it is a living power. No other book, no teacher, no philosophy can match its ability to pierce the soul, convict the heart, and transform lives.

"The word of God is living and active, sharper than any double-edged sword, penetrating even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." — Hebrews 4:12 (NIV)

Can you prove the Bible is not made up?

Can you prove that mere men could not produce anything like the Holy Bible?

Maybe this class will help with that, but what I really hope to do is to show you how important the theme of Rest is throughout the Bible starting prominently in Genesis 1.

The Theme of Rest in the Bible

Sounds kind of boring...?

What is interesting about "Rest"?

**Let's see what can be learned about:
Rest and the first chapter of Genesis.**

Until maybe 6 months ago, I'd have said the topic of Rest sounds a bit boring. But now I find the topic to be foundational to my understanding of Genesis chapter 1 and the theme of Rest as it is discussed throughout the Bible.

The Theme of Rest in the Bible

Unpacking Genesis chapter 1 (verse 1 – 2:3)

How many of you think Genesis 1 is a scientific description of how God created the Earth and Universe?

If it's not science, then what is it?

What is the purpose of Genesis 1?

How many of you think Genesis 1 is a scientific description of how God created the earth and universe?

If is not scientific, then what is it?

Genesis 1 isn't a scientific description of how everything came into being. It's not even close and from a scientific and a timeline perspective it makes no scientific sense.

What is the purpose of Genesis 1?

The word Genesis is actually Greek and it means "origins" or "beginnings".

The Theme of Rest in the Bible

Unpacking Genesis chapter 1 (verse 1 – 2:3)

Genesis 1 is written in the style Hebrew poetry. It is full of rhythm, repetition, symbolism, and structure.

The purpose isn't to give a literal timeline of how the universe came to be, but **to declare deep truths about God, creation, and humanity's role in it.**

Genesis 1 is written in the style of ancient Hebrew poetry — it is full of rhythm, repetition, symbolism, and structure.

The purpose isn't to give a literal timeline of how the universe came to be, but to declare deep truths about God, creation, and humanity's role in it.

It is written to communicate that creation is ordered, purposeful, and good, culminating in rest and worship.

It is theology in the form of poetry — like a song about who God is and why the world matters, not a scientific manual about how atoms or galaxies were formed.

Some Key Points:

- Genesis 1 has carefully **repeated phrases** like "*And God said...*", "*And it was good*", "*There was evening and morning...*" — that's poetry, not science.
- The chapter follows a **structured pattern**: Days 1–3 form spaces, Days 4–6 fill those spaces.

Day 1	Day 2	Day 3
light	sea/ sky	land plants
Day 4	Day 5	Day 6
sun moon stars	fish birds	animals humans

I'm sure you have seen this.

Here is an illustration of how God first creates spaces or divides.

Then in perfect rhythm and structure He takes a corresponding day to fill each of the spaces.

Key Points:

The **focus is on meaning, not mechanism** — answering who and why, not how and when.

Seeing Genesis 1 as poetry doesn't lessen its truth. In fact, it deepens it — it's about the heart of God and the beauty of creation.

It is Truth told through art.

Genesis 1 Key Points:

- There is not just poetry – there is also brilliantly conceived symmetry in the Hebrew letters, words and phrases.
- And not only that: God has also concealed some astounding mathematics in Genesis and the entire Bible. I don't even like math, and I am thrilled by what I've learned.

We will only scratch the surface in regard to the precise mathematical symmetry of Genesis 1 especially in that first verse in the Bible:

Genesis 1:1

#	Word	Part of Speech	Translation
1.	בְּרֵאשִׁית	Feminine noun	"In the beginning"
2.	בָּרָא	Verb	"created"
3.	אֱלֹהִים	Masculine noun	"God"
4.	אֶת	Particle	[does not translate]
5.	הַשָּׁמַיִם	Masculine noun	"the heavens"
6.	וְאֶת	Particle/conjunction	"and"
7.	הָאָרֶץ	Feminine noun	"the earth"

Here is just a preview showing a symmetry in the Parts of speech used in just this beginning sentence of the Bible.

We are just going to touch on some of the features of Genesis 1 and this first verse. If we took the time to really look closely and deeply it would take perhaps days to understand all the remarkable features of just the starting verse of the Bible.

This is just one of many examples in the Bible of structure, symmetry and mathematical precision. It appears throughout the Bible if you take the time to search it out.

...His invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation (Genesis 1) of the world, in the things that have been WRITTEN...

Romans 1:20 (ESV)

I replaced the one red highlighted word in Romans 1:20

I did this just to point out that - within the very letters of the Hebrew and Greek alphabet and the words of Scripture we can see God's "invisible attributes, His eternal power and divine nature"!

Gematria?

The practice of assigning a numerical value to a name, word or phrase by reading it as a number

Have you ever heard the word Gematria?

The first documented use of **gematria** is from an Assyrian inscription (8th century BCE), commissioned by Sargon II.

Sargon II states: **"the king built the wall of Khorsabad 16,283 cubits long to correspond with the numerical value of his name."**

Another **gematria** example: The Hebrew Word "Chai"
(חַי) Meaning "Life"

- **n(Chet) = 8**
- **י(Yod) = 10**
- **Total: 8 + 10 = 18**

This is why the number **18** is considered lucky or sacred in Judaism, as it represents "life."

א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ
1	2	3	4	5	6	7	8	9	10	20
ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת
30	40	50	60	70	80	90	100	200	300	400

Here is the complete Hebrew Alphabet with each of their numerical values – their gematria.

Genesis 1:1

In the beginning God created the heavens and the earth

200	5	1	40	40	5	1	10	30	1	2	10	1	2
בראשית	ברא	אלהים	את	השמים	ואת	הארץ							
90	1	400	6	10	300	400	40	5	1	200	400	300	200
200	5	1	40	40	5	1	10	30	1	2	10	1	2
בראשית	ברא	אלהים	את	השמים	ואת	הארץ							
90	1	400	6	10	300	400	40	5	1	200	400	300	200
earth	heavens	God											
296	+	395	+	86	=	777							

Here is the gematria of Genesis 1:1 showing the Hebrew letters and their numeric values

This first verse of the Bible, is easy to read over and miss something truly remarkable: the layers of mathematical and numerical harmony it is built on.

Here is one example showing that the three leading nouns (God, heaven, earth) have a combined value, not just as a multiple of seven, but of 777.

Heptad or Heptadic Structure

Refers to patterns of sevens, often used to analyze or interpret biblical texts where the number seven or its multiples are seen as significant.

A Russian named Ivan Panin was converted from an agnostic to a Christian by his discoveries of the numerical patterns in the Hebrew and Greek Bible.



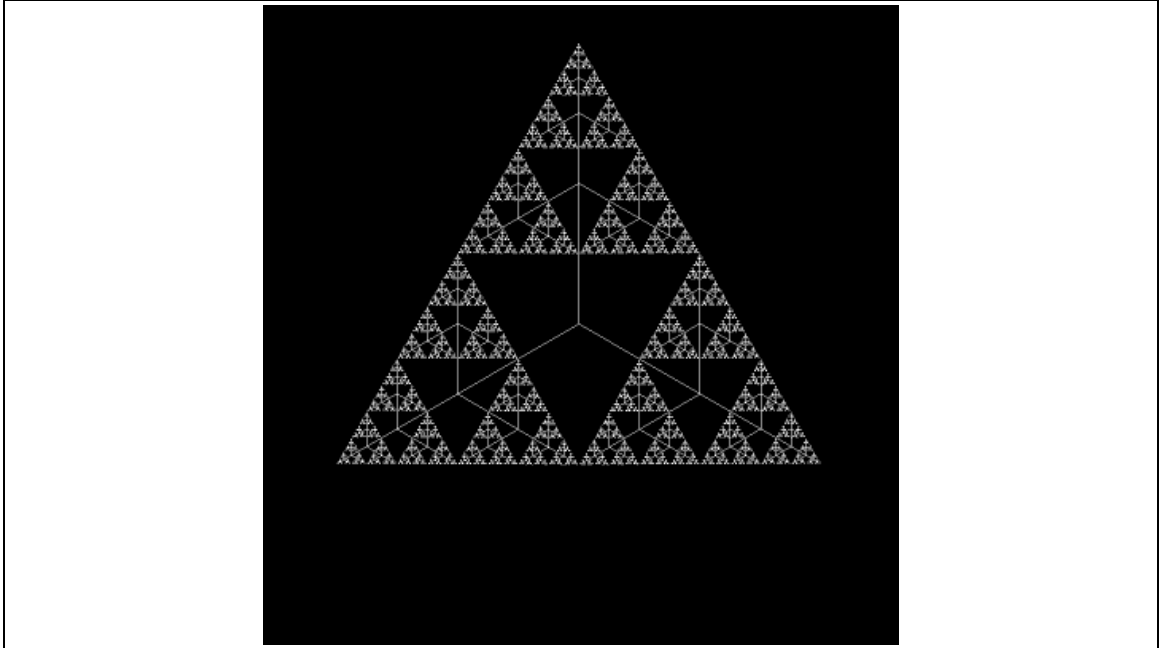
Before he died in 1942, Ivan had generated over 43,000 pages of hand penned pages of numerical scripture analysis.

When he looked at Genesis 1 - He found no less than 30 different multiples of 7 – we will look at just a few.

The diagram I have at the bottom of the slide is supposed to illustrates how – in Genesis 1:1 you have mathematical precision at both the largest scale – looking at the whole sentence, but there is also a lot of mathematical precision imbedded in the detailed elements of the verse.

Scholars and mathematicians have now identified hundreds of numerical relationships in Genesis 1:1, covering:

- Simple numerical values (direct gematria sums).
- Factorization patterns (divisibility rules, prime numbers).
- Triangular number properties (geometry-based).
- Symmetry and balancing.
- Multiples of 7 and other biblical numbers (37, 73, 777, etc.).
- Pi and other mathematical constants.



A fractal is a pattern that continues repeating its overall shape as we look deeper and deeper within it.

I thought this graphic was a neat visual representation of how the many fractals of Genesis 1:1 precisely work together.

- The number of Hebrew words = 7
- The number of letters equals 28 ($7 \times 4 = 28$)
- The first 3 Hebrew words translated "In the beginning God created" have 14 letters ($7 \times 2 = 14$)
- The last four Hebrew words "the heavens and the earth" have 14 letters ($7 \times 2 = 14$)

Here are just a quick glance at just 8 of the 30 heptadic multiples of 7s in Genesis 1:1

- The three key words: God, heaven and earth have 14 letters ($7 \times 2 = 14$)
- The shortest word and middle word is 7 letters
- The Hebrew numeric value of the first, middle and last letters is 133 ($7 \times 19 = 133$)
- The Hebrew numeric value of first and last letters of all seven words is 1393 ($7 \times 199 = 1393$)

Here are a few more examples of the heptadic structure

Palindrome:

Reads the same forward or backward:

Kayak, Madam, Radar

Palindromic numbers:

131, 3773, 12321

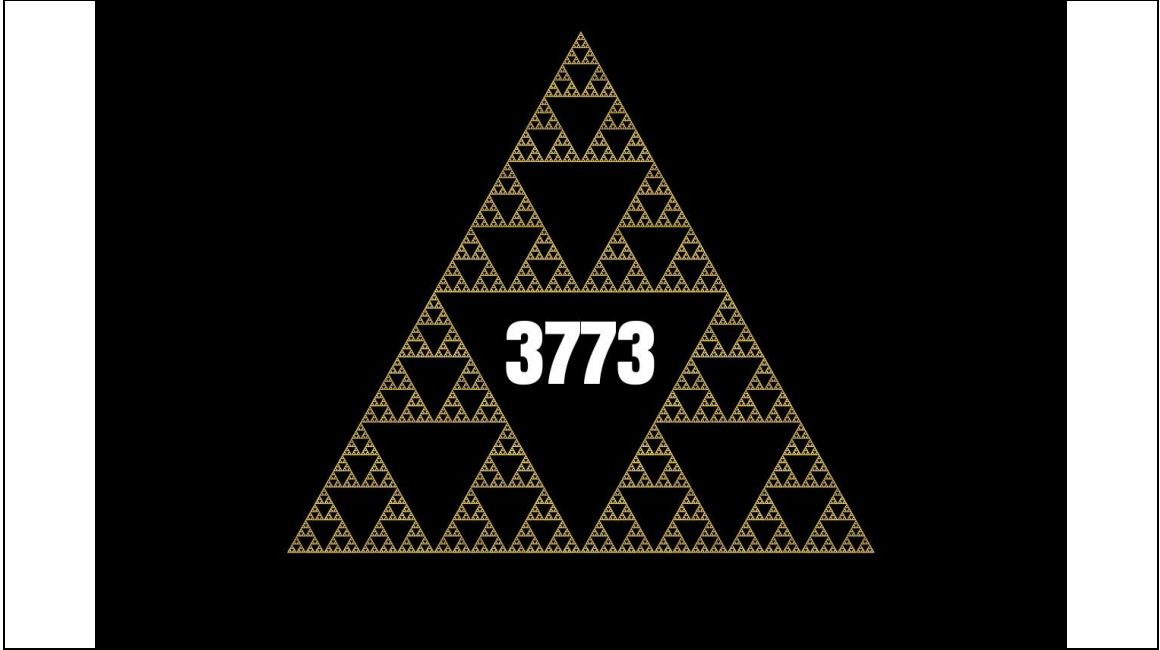
We could go on for hours, but I want to mention one last feature of Genesis 1:1

The Genesis 1:1 MIRROR CODE

Duality permeates the universe at every level.

In physics, we find every charged particle has a corresponding anti-particle with all properties reversed.

All particles (including light) also have a mysterious dual nature at the fundamental quantum level (known as particle/wave duality).



Note this number 3773

Gematria of First Verse: <i>"in the beginning G-d created the Heavens and the Earth"</i>						
הָאָרֶץ	וְאֵת	הַשָּׁמַיִם	אֵת	אֱ-לֹהִים	בְּרָא	בְּרֵאשִׁית
296	407	395	401	86	203	913
Total=2701						
• 2701 = 37 × 73 (mirror reflection) If we add 2701 to its own mirror reflection: 2701 + 1072 = 3773						

The number 2701 is unique – I found where a guy had tested the first 100 million+ whole numbers by computer and none other than 2701 have these two symmetries.

In Genesis 1:1 - If we multiply the 7-word Gematrias:

$296 \times 407 \times 395 \times 401 \times 86 \times 203 \times 913$

=**304,153,525,784,175,760** (huge number indeed)

Adding the groups of Thousands:

304 + 153 + 525 + 784 + 175 + 760 = 2701 (Again!)

Adding sums: $(3+0+4) (=7) + (1+5+3) (=9) + (5+2+5) (=12) +$
 $(7+8+4) (=19) + (1+7+5) (=13) + (7+6+0) (=13) = 73$

Adding those sums:

$(7) + (9) + (1+2) + (1+9) + (1+3) + (1+3) = 37$

(again **73** and **37** are prime factors of **2701**!)

G-d's Name

Interestingly, the Gematria of G-d's Name
(the Tetragramaton) is **26**:

26×62 (mirror reflection) = 1612

and **1612 + 2161 = 3773**

There is the palindromic number **3773** again!

We could go on, but my point is to convince you that this first chapter of Genesis is profound in so many ways.

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The Theme of Rest in the Bible

Unpacking Genesis chapter 1 (verse 1 – 2:3)

Define “Rest” in biblical terms:

Hebrew: Shabbat (שַׁבָּת) – to cease, to rest

I'm sure you have read through Genesis 1-2:3

Can we come to any conclusions about REST?

Does God ever need to REST? **Never!**

So God must be trying to teach us something.

Since the Bible says the Sabbath was created for man and not man for the Sabbath (Mark 2:27), I'm going to say Adam and Eve joined God on this 7th day REST.

We have no reason to believe otherwise.

It would certainly seem strange for God (alone) to REST on the seventh day and then Adam and Eve are just doing their own thing working in the garden?

Creation and the Seventh Day (Genesis 2:1–3)

- **God completes His work and rests**
- **The Sabbath principle is rooted in creation**

Rest here implies:

- **Completion – nothing could make it better!**
- **Satisfaction – with creation and with US!**
- **Harmony with creation**

Other than God resting – how was the 7th day different than the other 6 days?

There is one huge difference!

There is no "evening and morning were the 7th day"

Wouldn't that mean that in some sense God is still waiting for us to join Him in REST?

See Hebrews 4:9-10

“There remains, then, a Sabbath-rest for the people of God;
for anyone who enters God’s rest also rests from their works,
just as God did from his.”

"Evening and Morning" as a Rhythm: In line with many Jewish and ancient interpretations, "and there was evening, and there was morning" indicates a rhythm or pattern to creation — more like a poem than a literal 24-hour day. It reflects order emerging out of chaos.

Night Before Day: Hebrew days begin at sundown — the day begins in rest (evening), not in work (morning), which flips modern Western expectations.

Why did God choose to describe a day as starting in the evening?

Key Insights from “Evening and Morning” Structure

- 1. Rest Comes First – God’s rhythm starts with rest (evening) and moves into work (morning). Our work should flow out of rest, rather than rest being earned after working.**
- 2. Sabbath as a Model – The culmination of creation is not work, but rest (Genesis 2:2-3). The weekly Sabbath mirrors this rhythm, teaching that true life is not about endless productivity but about communion with God.**

3. Spiritual Symbolism – There's a theological arc in Scripture where **darkness precedes light** (Genesis 1:2 → John 1:4-5). Just as God's first creative act is bringing light out of darkness, **our own lives move from night (chaos, sin, toil) into the morning (God's presence, renewal, and peace).**

4. Trust Over Striving – Our value comes from the fact that God created us and loves us. Our value does not come from what we can produce.

**Who was the first audience to hear
Genesis 1?**

The children of Israel

**What had they been doing for
hundreds of years?**

Israel would have learned that their worth to the Egyptians was in how many bricks they could make.

REST would have meant something very different to Israel, before they were redeemed from Egypt.

Also, just imagine how totally different their lives wandering in the wilderness would be from their lives in Egypt!

Eve (and Adam?) were striving for something more.

They were not content to know that they were loved and REST with their creator.

Implications for Our Lives

- **We are created to work from rest, not for rest.**
- **Our worth is not in what we produce but in being part of God's creation.**
- **God's ultimate goal is leading us into His eternal rest (Hebrews 4:9-11).**

Prime Numbers of First Verse				
The 913th	Prime =	7127		
The 203rd	Prime =	1237		
The 86th	Prime =	443		
The 401st	Prime =	2749		
The 395th	Prime =	2711		
The 407th	Prime =	2797		
The 296th	Prime =	1949		
Total Sum = 2161st Prime (19013) $2161 + 1612 = \mathbf{3773}$				
There is no logical reason for prime numbers to be related to their indexes. There is no mathematical formula for obtaining prime numbers. They are found by trial and error.				