

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

We are to seek rest, refreshment, and renewal in Yeshua and the Holy Spirit.

BA2a: *We are to seek rest in Yeshua.*

BA2b: *We are to seek rest in the Holy Spirit.*

BA2c: *We are to seek refreshment in Yeshua.*

BA2d: *We are to seek refreshment in the Holy Spirit.*

BA2e: *We are to seek renewal in Yeshua.*

BA2f: *We are to seek renewal in the Holy Spirit.*

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

Key New Testament Scriptures

Matthew 11:28-29

Come to me, all of you who are struggling and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls.

Titus 3:4-6

But when the kindness and love for mankind of God our Deliverer was revealed, he delivered us. It was not on the ground of any righteous deeds we had done, but on the ground of his own mercy. He did it by means of the mikveh of rebirth and the renewal brought about by the Ruach HaKodesh, whom he poured out on us generously through Yeshua the Messiah, our Deliverer.

Philemon 1:20

Yes, brother, please do me this favor in the Lord; refresh my heart in the Messiah.

Additional New Testament Scriptures

Ephesians 4:21-24

Colossians 3:9-10

Hebrews 4:9-11

Related New Testament Mitzvot

BA62 Seeking Rest and Refreshment in God

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, Yeshua, and the Holy Spirit always. Because Yeshua and the Holy Spirit are *echad* with God the Father, this *Mitzvah* could well have had the title “Seeking Rest, Refreshment & Renewal in God.” However, because some Scriptures refer to Yeshua, some to the Holy Spirit, and some to God, the authors herein decided to focus this *Mitzvah* #BA2 on Yeshua and the Holy Spirit, and to create a second *Mitzvah* #BA62 to discuss Scriptures that refer to God more broadly.

“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