

The Cool of the Day



'Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.' **Genesis 3:8**

I want to set the stage for this message to you by first challenging a long held belief perpetrated by many of the translations of the above verse that we have all read for years. The challenge - "It was NOT in the evening when the Lord God came walking in the Garden. It was actually early morning"

The Evidence

- *The Language*

- When you look at this verse in the original language (Hebrew) it reads

וַיִּשְׁמְעוּ אֶת-קוֹל יְהוָה אֱלֹהִים מְתַהַלֵּךְ בַּגֶּן לְרוּחַ הַיּוֹם ○

- Literally translated as -

"And they heard the sound of Yahweh God walking in the garden in the breeze of the day."

- The word used here that is typically translated as "in the cool" is רוּחַ (ruach).
- Interestingly, "Cool" is only one of many ways to translate this word. In fact, it is more frequently referred to as spirit, breath or wind. In fact, it is translated as spirit more than 200 times in the Old Testament.

- *The Science*

- In pure science and meteorological terms, the coolest time of each day is actually just after *sunrise* each morning.
- This is due to radiational cooling and the fact that the radiation from the rising sun is still too weak to account for radiational cooling.
- Once the radiation from the rising sun is significant enough to counter the radiational cooling then the temperature actually starts to increase.

Thus, I contend that the original language gives indication or even hints that the time of day that the Father was walking in the garden. Secondly, if we look at the science, then it is clear that the "cool of the day" is not in the evening.

The Application

- *The Example*

- The Bible gives us many examples throughout its pages of individuals that walked closely with the Lord in this life, but there is but one that is the ultimate and best - Jesus.
- Consider these verses:
 - *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.* ' **Mark 1:35**
 - *'At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them.'* **Luke 4:42**
- While these are only two recorded examples, much as I believe is that the Lord walked in the Garden with Adam and Eve on a regular basis, I also believe that Jesus frequently, "went off to a place of solitude and prayed."
- Look at these two verses again, what time of day did Jesus do this?
 - "Very early in the morning" and "at daybreak"

- This is definitely a more than adequate example, but let me share one more. Scripture identifies one man as “A man after God’s own heart,” David. Throughout the Psalms, we see time after time of David walking with the Lord at all kinds of times and in all kinds of circumstances. Yet take a look at this specific verse:
 - *'In the morning, Lord , you hear my voice; in the morning I lay my requests before you and wait expectantly. ' Psalms 5:3*
- Just like the other 2 examples, I believe that David frequently if not daily sought the Lord early in the morning.
- *The Command*
 - *But seek first His kingdom and His righteousness, and all these things will be provided to you. Matthew 6:33*
 - “Seek first His kingdom” - Before you do anything else to start your day, spend time in fellowship with Him. The First thing must truly be the FIRST THING.
 - While I, as I am sure is true for most of you, have always interpreted this verse very differently, I do believe that this understanding is also appropriate, especially in the light of this discussion.
 - Similar to the giving of our resources, we give Him the first part of our time as well.

The Conclusion

I know that this lesson is a little outside of the box, but I truly hope that it gives you something to think about. Now, that being said, I know that we are not all “morning people” and while the morning is the “first part” of the day, it is not your “best part.” I urge you to give Him your BEST part, no matter what time of the day that actually happens to be. It may be the morning, but it could just as easily be a part of your lunch hour, or some time of quiet and solitude as you unwind before going to bed. The most important part is that He WANTS to walk and talk with you and spending time in fellowship with Him is not optional, but a necessity for living a fulfilled, healthy Christian life.

He IS walking in the Garden and calling your name, will you hear and answer?