

The Creator's Blessing of ADAM

Hebrew Transliteration

Letters of Hebrew Word Converted into English Letters

Follow the numbers from 1 to 5.

← Hebrew is read from right to left. ←



Transliteration = ADAM

Translation = man, human, humans

ADAM in the first story in Genesis is one male and one female human.

The Meaning of Bless

The Hebrew word translated “bless” means – *empower, enrich, endow, visibly show evidence*. When God blessed the humans:

- He empowered the two humans to do the things He specified in the blessing.
- He gave the two humans the ability to do the things He specified in the blessing.
- He made it possible for the two humans visibly show evidence of the things He specifies in the blessing.

God blessed three things in the *Book of Genesis*.

- The water-soul creatures.
- The two humans.
- The Seventh Day.

God created all humans with an earth soul like the animals and with His Spirit – *humans have earthly appetites, desires, and longings; and, the Creator's desire to do things that are **TOV**.*

Traditional Translation / BHC Translations of the Blessing

1. **“be fruitful and multiple”** / *Reproduce creatures after their own kind.*
2. **“fill the earth”** / *Be parents that act together, providing physical and emotional needs of their children, teaching and mentoring them to function as adults who are contributing members of the society.*
3. **“subdue the earth”** / *Exercise impulse control over earthly appetites, desires, and longs; exercise self-discipline; help others do the same.*
4. **“have dominion”** / *Exercise power over all life on earth, including humans, like a shepherd exercises power over the animals in the flock. Exercise power by doing things that are **TOV**. Humans are God’s representative and Co-Shepherds over all life on earth.*

*[The Creator measure everything He created or made by the **TOV Standard**. Things that measure TOV protect lives, preserve lives, make lives more functional, and increase the quality of life.]*

5. **“sacred diets”** / *Humans have an exclusive of fruit from trees. Animals have a diet of grasses and plants.*

The Blessing of the Seventh Day

The words of this blessing are not recorded in the biblical text. However, since the Creation is the Temple of the Creator, we propose the follow blessing based on other ancient texts.

1. *Rest from the normal activities that are done on the other six days.*
2. *Gather to hear the Story of the Creator’s Temples.*
3. *Discuss the wisdom principles, standards, and values embedded in the story.*
4. *Read and discuss other biblical stories and the role #3 above played in them.*

Applying the Creator’s Blessing in Daily Life

As you go through the normal course of life, look for opportunities to make the Creator’s Blessing visible through your actions. Team up with others as often as possible and do things that are **TOV** for yourself and others. Practice using the TOV Standard to exercise impulse control and self-discipline.