

Genesis 5:1-32—Heros Of The Faith: Islands Of Faith In An Ocean Of Unbelief

Memory Verse

Genesis 3:15 NKJV (God speaking to satan)

And I will put enmity between you [satan] and the woman, and between your seed [the antichrist] and her Seed [the Messiah]; He [the Messiah] shall bruise your [satan's] head, and you [satan] shall bruise His [the Messiah's] heel."

Outline: (Genesis 5:1-32)

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1. Adam signs off—A summary of Adam's eyewitness account

Genesis 5:1-2 NKJV

This is the book of the genealogy of Adam [literally "man"]. In the day that God created man, He made him in the likeness of God. ² He created them male and female, and blessed them and called them Mankind in the day they were created.

v 1 **This is the book of the genealogy [history, Hebrew: *toledot*] of Adam:** This is the end of the second toldot or written eyewitness account in the Scripture. The first is from Genesis 1:1 to Genesis 2:4. Genesis 2:4 ("The history [generations, Hebrew: *toledot*] of the heaven and earth") is where God "signs off" as He gives mankind a written account of the creation week, which of course is something that He alone could have witnessed. Then the "pen" passed to Adam, with him recording what he observed, making Genesis 2:4-5:1 Adam's eyewitness account, which was preserved and passed down to Moses who acted as an editor.

v 1 **In the day that God created man, He made him in the likeness of God:** We have covered what it means that we are created in the image of God previously. The most important point to remember is this: Man is the only creature in God's creation that is made in the image of God. Why? So man can have relationship with God—this is the sole purpose of of man's existence. It's only when we learn and remember this, that we will understand why we must deny ourselves and worldly things, and focus only on God if we are going to find lasting love, joy, contentment, peace, and satisfaction.

v 2 **He created them male and female, and blessed them and called them Mankind in the day they were created:** "And called them Mankind: The human race—mankind—was given the name "man" by God from the beginning. It is not sexist or gender biased to call the human race by the general heading "mankind," because God does this." (David Guzik)

2. The image of God corrupted by the Fall

Genesis 5:3 NKJV

And Adam lived one hundred and thirty years, and begot a son in his own likeness, after his image, and named him Seth:

Adam was made in the image of God (see Genesis 1:27), but Seth was born in Adam's likeness and image. What's the difference? Adam was perfect until he sinned. But once he sinned, his nature changed. He was no longer perfect. He no longer shared the same desires for God and good that God initially created him with. Now all humans, are by nature like Adam after he sinned—we run from and rebel against God. Why? Because *every single one of Adam's descendants are born under the power of sin—we are all born with a sinful nature.* Paul in Romans describes this sinful nature.

Romans 3:9 AMP

Well then, are we [Jews] superior and better off than they? No, not at all. We have already charged that all men, both Jews and Greeks (Gentiles), **are under sin [held down by and subject to its power and control].**

Romans 3:9-12 NLT

Well then, should we conclude that we Jews are better than others? No, not at all, for we have already shown that **all people, whether Jews or Gentiles, are under the power of sin.** ¹⁰ As the Scriptures say, "**No one** is righteous—**not even one.** ¹¹ No one is truly wise; no one is seeking God. ¹² **All** have turned away; **all** have become useless. **No one** does good, **not a single one.**"

The only person who wasn't born in the sinful image of Adam was Jesus Christ. How? Because He was born of a virgin, and therefore did not inherit Adam's sinful nature.

3. Chrono-genealogies—The timeline of history from Adam to the Flood

Genesis 5:3-32 NKJV

And Adam lived one hundred and thirty years, and begot a son in his own likeness, after his image, and named him Seth. ⁴ After he begot Seth, the days of Adam were eight hundred years; and he had sons and daughters. ⁵ So all the days that Adam lived were nine hundred and thirty years; and he died.

⁶ Seth lived one hundred and five years, and begot Enosh. ⁷ After he begot Enosh, Seth lived eight hundred and seven years, and had sons and daughters. ⁸ So all the days of Seth were nine hundred and twelve years; and he died.

⁹ Enosh lived ninety years, and begot Cainan. ¹⁰ After he begot Cainan, Enosh lived eight hundred and fifteen years, and had sons and daughters. ¹¹ So all the days of Enosh were nine hundred and five years; and he died.

¹² Cainan lived seventy years, and begot Mahalalel. ¹³ After he begot Mahalalel, Cainan lived eight hundred and forty years, and had sons and daughters. ¹⁴ So all the days of Cainan were nine hundred and ten years; and he died.

¹⁵ Mahalalel lived sixty-five years, and begot Jared. ¹⁶ After he begot Jared, Mahalalel lived eight hundred and thirty years, and had sons and daughters. ¹⁷ So all the days of Mahalalel were eight hundred and ninety-five years; and he died.

¹⁸ Jared lived one hundred and sixty-two years, and begot Enoch. ¹⁹ After he begot Enoch, Jared lived eight hundred years, and had sons and daughters. ²⁰ So all the days of Jared were nine hundred and sixty-two years; and he died.

²¹ Enoch lived sixty-five years, and begot Methuselah. ²² After he begot Methuselah, Enoch walked with God three hundred years, and had sons and daughters. ²³ So all the days of Enoch were three hundred and sixty-five years. ²⁴ And Enoch walked with God; and he was not, for God took him.

²⁵ Methuselah lived one hundred and eighty-seven years, and begot Lamech. ²⁶ After he begot Lamech, Methuselah lived seven hundred and eighty-two years, and had sons and daughters. ²⁷ So all the days of Methuselah were nine hundred and sixty-nine years; and he died.

²⁸ Lamech lived one hundred and eighty-two years, and had a son. ²⁹ And he called his name Noah, saying, “This one will comfort us concerning our work and the toil of our hands, because of the ground which the LORD has cursed.” ³⁰ After he begot Noah, Lamech lived five hundred and ninety-five years, and had sons and daughters. ³¹ So all the days of Lamech were seven hundred and seventy-seven years; and he died.

³² And Noah was five hundred years old, and Noah begot Shem, Ham, and Japheth.

Chrono comes from a Greek word *khronos* that means “time”. A genealogy traces the line of descendants from father to son. A chrono-genealogy not only traces who came from who, but also how long between each generation. This allows us to work back and see when Adam was created. Adding all the years up, we see that Adam was created around 4,000 BC (*Before Christ* was born). This means that the creation week was only about 6,000 years ago. The Bible genealogy charts helps us to visualise this.

The most important role of genealogies in the Bible is that they trace the line of descent of the Messiah from Adam, through to Noah, through to Abraham, through to King David, and finally Jesus Himself. The ages when these patriarchs had their son is not a record of when they had their first child, but rather a record of the line of the Messiah—only those in the line of the Messiah were recorded. They almost certainly had many children, both prior and after.

Some interesting facts. Seth died when Noah was 14 years old. Noah most likely met Adam’s son. Noah died when Abraham was 60 years old. This means that the toledots (written records) only needed to be in the hands of 4 people from the time of Adam to the time of Abraham: Adam—>Seth—>Noah—>Abraham.

Heros of the faith—those who dared to shine brightly in a violent and depraved world

We don’t think much of Enoch and Seth and Noah, but they really are heros of the faith. They lived at a time when it was very difficult to live as a believer. They were a tiny minority in an incredibly violent and dangerous world. Just imagine how they would have mocked Noah, when there probably hadn’t even been a local flood yet, yet alone a world wide flood.

2 Peter 2:5 NKJV

And did not spare the ancient world, but saved Noah, one of eight people, a preacher of righteousness, bringing in the flood on the world of the ungodly.

“This is the greatest glory of the primitive world, that it had so many good, wise, and holy men at the same time. We must not think that these are ordinary names of plain people; but next to Christ and John the Baptist, they were the most outstanding heroes this world has ever produced. And on the Last Day we shall behold and admire their grandeur.” (Luther, cited in Boice)

4. Why is it important to take Genesis literally, as being historical fact?

Although many are unaware, there is a huge amount of scientific evidence that points to or confirms a young age for the earth and universe. A great place to start your search is creation.com (search “evidence for a young earth”) if you want to learn more about how to defend the truth of the gospel from the manmade long-age lie of evolution. Why does it matter if Genesis 1-11 is not a true record of history? Here are two reasons:

- If the lineage of the Messiah is not true, it disqualifies Jesus from being the Messiah. Jesus must himself be a descendant of Adam if He is to be the Saviour of the sons of Adam (see Luke 3:23-38).
- Evolution theory puts death before sin, which directly contradicts the gospel. The gospel says that sin caused death, and therefore, when Jesus paid the penalty for sin, He also conquered sin *and* death (See Romans 5). But if death existed before sin, then Jesus’ death has no effect on death.

Paul also taught the Corinthian church that Jesus’s death is directly connected to Adam’s sin which brought death, and then tied it to the resurrection. Again, if there were no literal Adam who literally sinned, then there is also no literal Saviour and no literal resurrection. *The stakes are high: We must defend the truth of the gospel.* This is where the world is attacking Christianity in schools and universities at the moment. Billions of young people are being brainwashed into believing the long-age evolutionary lies, and therefore have no confidence in what the Bible says. *They know that if evolution is true then the Bible is not. Therefore those who have been brainwashed by evolution naturally disregard or ignore the gospel that could save them.* Listen to how Paul preached the gospel—he starts all the way back in Genesis, and therefore so should we.

1 Corinthians 15:21-23 NLT

So you see, **just as death came into the world through a man, now the resurrection from the dead has begun through another man.** ²² **Just as everyone dies because we all belong to Adam, everyone who belongs to Christ will be given new life.** ²³ But there is an order to this resurrection: Christ was raised as the first of the harvest; then all who belong to Christ will be raised when he comes back.

Acts 14:24-26 NKJV

God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples made with hands. ²⁵ Nor is He worshiped with men’s hands, as though He needed anything, since He gives to all life, breath, and all things. ²⁶ And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings.

5. How long from Creation to the Flood?

1,656 years. Yes, it only took one thousand, six hundred and fifty six years for humanity to become so depraved, violent, corrupted by occult/demonic practices, that to save humanity, God had to destroy almost everyone and start again with Noah and His family.

6. Massive population growth—“And had sons and daughters”

Enoch was only 65 years old when he begot Methuselah, while Lamech was 182 years old when he had Noah. What this shows is that there were at least hundreds of years when each person was fertile and could have children. Today, humans are limited to about 30 years (from about 15 years old to 45 years old), when they are able to reproduce.

...and had sons and daughters... and had sons and daughters... and had sons and daughters etc: The Bible doesn't say exactly how many children each man fathered, but conservative estimates of population growth calculate that *there could have been up to seven billion people on the earth at the time of the flood*. Before the flood, conditions were perfect for rapid population growth.

v 4 **And he [Adam] had sons and daughters:** Adam, just like the other patriarchs had many other sons and daughters. As discussed previously, these daughters would necessarily be the wives for his sons. Back then there was no moral command not to, and it was also genetically safe to do so (almost zero chance of deformed offspring or genetic diseases).

7. How could people live so long, up to 969 years old?

Looking at the verses and the chart, most of the pre-flood patriarchs lived to be at least 900 years old. How is this possible? There are two main reasons:

1. The human gene pool had not yet degenerated to where the mistakes in the DNA would significantly affect longevity.
2. The environment before the flood would have been much lusher and healthier, meaning a greater quantity and quality of food. Most likely there was only one continent—God created the *dry land*, singular, see Genesis 1:9. This would mean there wouldn't have been the temperature and climate extremes that we have today (from tropical to arctic). The fossil record reveals that the entire earth was covered in tropical vegetation at the time of the flood.

After the flood, things would have been completely different. Instead of an even warm temperature all over the one continent, there are now multiple continents, which span from lush tropical rainforests, to deserts, and frozen wastelands. In addition, for hundreds of years after the flood, there was the one single massive Ice Age, a direct result of the flood (there is a lot of evidence for there being only a single ice age, not many ice ages as the evolutionist promote). It would have been like what we think a nuclear winter would be like, with most of the earth covered in ice and snow and the sky hazy with dust. This would have been a result of the dust and ash that was pushed high up into the atmosphere by the millions of volcanoes that erupted at the start of the flood. Because of these very harsh living conditions, what we see after the flood is a rapid decline in the longevity of the human population (see chart). Indeed, what the fossil record shows is that there was a mass extinction event at the time of the flood. Many kinds of animals and plants simply ceased to exist, and many that do survive today don't grow nearly as large as they did before the flood, as recorded in the fossil record. *The Answers Book* is a great resource that answers these questions in an easy to read way.

Job lived in these cold years after the flood, and his comparisons and observations of the environment that he lived in correlate well with what we would expect him to see if he lived during an ice age.

Job 37:6, 9-10 NKJV

For He says to the snow, 'Fall on the earth'; likewise to the gentle rain and the heavy rain of His strength...⁹ From the chamber of the south comes the whirlwind, and cold from the scattering winds of the north. ¹⁰ By the breath of God ice is given, and the broad waters are frozen.

Job 38:29-30 NKJV

From whose womb comes the ice? And the frost of heaven, who gives it birth? ³⁰ The waters harden like stone, and the surface of the deep is frozen.

8. The ultimate reality check: And he died... and he died... and he died... and he died... A reminder of our mortality, and therefore our need for the Saviour

What did God promise as a result of the curse? “In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return” (Genesis 3:19).

“Genealogies can be very instructive. They speak to us of both the absolutely historical character of the Scriptures, and are a powerful testimony to the end of every person on this earth.” (David Guzik)

“Have you never heard of one who heard read, as the lesson for the Sabbath-day, that long chapter of names, wherein it is written that each patriarch lived so many hundred years, ‘and he died’? Thus it ends the notice of the long life of Methuselah with ‘and he died.’ The repetition of the words, ‘and he died,’ woke the thoughtless hearer to a sense of his mortality, and led to his coming to the Saviour.” (Spurgeon, The Word a Sword)

9. Walking by faith—the example of Enoch

Genesis 5:21-24 NKJV

Enoch lived sixty-five years, and begot Methuselah. ²² After he begot Methuselah, Enoch walked with God three hundred years, and had sons and daughters. ²³ So all the days of Enoch were three hundred and sixty-five years. ²⁴ And Enoch walked with God; and he was not, for God took him.

Genesis 5:21-24 AMP

When Enoch was 65 years old, Methuselah was born.

²² Enoch walked [in habitual fellowship] with God after the birth of Methuselah 300 years and had other sons and daughters.

²³ So all the days of Enoch were 365 years.

²⁴ And Enoch walked [in habitual fellowship] with God; and he was not, for God took him [home with Him]. [Hebrews 11:5.]

The writer to the Hebrews explains more about Enoch.

Hebrews 11:5-6 NKJV

By faith Enoch was taken away so that he did not see death, “and was not found, because God had taken him”; for **before he was taken he had this testimony, that he pleased God.**

⁶ But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:5-6 AMP

Because of faith Enoch was caught up and transferred to heaven, so that he did not have a glimpse of death; and he was not found, because God had translated him. For even before he was taken to heaven, he received testimony [still on record] that he had pleased and been satisfactory to God. [Genesis 5:21-24]

⁶ But without faith it is impossible to please and be satisfactory to Him. For whoever would come near to God must [necessarily] believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [out].

Hebrews 11:5-6 NLT

It was by faith that Enoch was taken up to heaven without dying—“he disappeared, because God took him.” For before he was taken up, he was known as a person who pleased God.

⁶ **And it is impossible to please God without faith.** Anyone who wants to come to him must believe that God exists and that He rewards those who sincerely seek him.

vs 22-23 **Enoch walked with God... and Enoch walked with God:** What does it mean to walk with God. Hebrews defines it as walking by faith. The Amplified Bible says it well—“Enoch walked [in habitual fellowship] with God”. Other verses also help us to understand what “walking with God” means.

Walking with God means walking by faith

2 Corinthians 5:6-10 NLT

So we are always confident, even though we know that as long as we live in these bodies we are not at home with the Lord. ⁷ **For we live by believing [faith] and not by seeing.** ⁸ **Yes, we are fully confident, and we would rather be away from these earthly bodies, for then we will be at home with the Lord.** ⁹ **So whether we are here in this body or away from this body, our goal is to please him.** ¹⁰ For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body.

So what did Enoch put his faith in? Like Hebrews 11:6 says, “that God exists and that He rewards those who sincerely seek him”. Enoch knew that there would be a day of reckoning, when he would have to stand before God and be answerable to Him. Simply put, Enoch lived his life in a way that pleased God—he wanted to hear “*His lord said to him, ‘Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord’*” (Matthew 5:21 NKJV).

Walking with God means walking in the light

1 John 1:5–7 NLT

This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in Him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ **But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, His Son, cleanses us from all sin.**

So what were Enoch’s relationships like with other believers? Enoch loved and had good relationships with the believers around him. The strong relationships that Enoch had with fellow believers was proof that he also had a strong relationship with God.

Walking with God means walking in agreement with God

Amos 3:3 NKJV

Can two walk together, **unless they are agreed?**

So how did Enoch live? He lived in agreement or cooperation with God. This meant living in submission to God, and doing things God’s way, and not his own. Being selfish means wanting our own way and this causes conflict or *disagreement*. Being selfless means that we esteem the other person as being better or more important than ourselves (see Philippians 2:1-4), and we live in peace or *agreement* with the other person. Enoch lived his life in submission to God, *agreeing* with God that God’s ways were best, and therefore cooperated or worked together with God (see 2 Corinthians 6:1).

“Maybe you’ve walked with the Lord for ten years; maybe you’ve been a believer for twenty years; but maybe you haven’t found the Lord to be all that enthralling lately. Instead, maybe you’re discouraged, defeated, depressed. Maybe you read that happy is the people whose God is the Lord (Psalm 144:15), and the joy of the Lord is my strength (Nehemiah 8:10), but you’re feeling anything but happy and joyful.

Why is this?

It is because you’re not doing what Enoch did. Look at our text: Enoch pleased God. That is, as he walked with God, Enoch brought pleasure to God. The closer you walk to God today, the more you’ll be enraptured, taken, caught up with Him. The godliest people I know don’t talk about themselves. The happiest people I know are not focused on themselves. The folks I truly admire are not those who live to please themselves. The people who are most godly and happy, the people who are just such a joy to be around are those who live for one reason: to simply walk with and please God. May we be such people.” (Jon Courson)

When and why did Enoch start walking with God?

v22 **After he begot Methuselah, Enoch walked with God three hundred years:** This indicates that, after the birth of Methuselah, there was a turning point in Enoch’s life when he started to *walk with God*. Why? It may have something to do with the meaning of Methuselah’s name, which means, “*when he is dead, it shall come*”. God told Enoch that the worldwide flood would destroy the earth in the year that his son Methuselah died, and thus Methuselah became a living message to the world of coming judgement. We can just imagine how this would have woken Enoch up, greatly encouraging him to repent and walk humbly with his God.

Jude confirms that God somehow communicated to Enoch, telling us that Enoch was a prophet. In fact, Enoch didn’t just know about the judgement that would come when his son Methuselah would die, but he also prophesied about the second coming of Christ.

Jude 14-15 NKJV

Now Enoch, the seventh from Adam, prophesied about these men also, saying, “Behold, the Lord comes with ten thousands of His saints, ¹⁵ to execute judgment on all, to convict all who are ungodly among them of all their ungodly deeds which they have committed in an ungodly way, and of all the harsh things which ungodly sinners have spoken against Him.”

God must have used Enoch in a mighty way before He took him to be with Himself. For three hundred years Enoch was preaching, warning, and prophesying to a largely ungodly and unrepentant world.

Why did Methuselah live longer than any other man?

“So all the days of Methuselah were nine hundred and sixty-nine years; and he died: Methuselah’s long life was no accident. It was because of the grace of God. When Methuselah died, the flood came. **God kept him alive longer than anybody to give people as long as possible to repent.**” (David Guzik)

10. Enoch and Noah—A picture or illustration of end time events

Genesis 5:24 AMP

And Enoch walked [in habitual fellowship] with God; and he was not, for God took him [home with Him].

Hebrews 11:5 AMP

Because of faith Enoch was caught up and transferred to heaven, so that he did not have a glimpse of death; and he was not found, because God had translated him. For even before he was taken to heaven, he received testimony [still on record] that he had pleased and been satisfactory to God. [Genesis 5:21-24]

The Bible points to a time when, just like Enoch, believers will be raptured or caught up to meet Jesus in the air, shortly before the Antichrist is revealed and the seven year Tribulation starts.

1 Thessalonians 4:15-18 NLT

We tell you this directly from the Lord: We who are still living when the Lord returns will not meet him ahead of those who have died. ¹⁶ For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. ¹⁷ Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever. ¹⁸ So encourage each other with these words.

1 Corinthians 15:51-53 NLT

But let me reveal to you a wonderful secret. We will not all die, but we will all be transformed! ⁵² It will happen in a moment, in the blink of an eye, when the last trumpet is blown. For when the trumpet sounds, those who have died will be raised to live forever. And we who are living will also be transformed. ⁵³ For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies.

Here in the book of Genesis, there is a similar scenario. Consider the following facts:

- The flood was a judgement of God on a wicked world, just like the Tribulation will be.
- By the end of the judgement, all unbelievers will be destroyed or taken from the earth.
- There will be a group of people, those who are believers (those who walk by faith), who will be spared the judgement, they will be “taken up” or “Raptured” before the judgement begins. *Enoch could be seen as representing the Church.*
- There will be a group of people that God has chosen to be His people that He will miraculously preserve through the judgement, and they will enjoy fellowship with God and repopulate the earth after the judgement is complete. *Noah could be seen as representing the nation of Israel.*

Enoch is the father of Methuselah, who died in the year of the flood. Enoch was a part of the generation that lived before the flood, but he never lived to see it because he was caught up to heaven or “Raptured” before the flood destroyed the earth, just like the church will be before the 7 year Tribulation begins. Meanwhile, the rest of the world, and God’s chosen people Israel will go through the judgement. And just like God protected Noah in the ark, God will miraculously protect His chosen people Israel by protecting them at Selah [see Isaiah 16:1-5], the rock city Petra, for the last 3 1/2 years of the 7 year Tribulation.

Revelation 12:13-14 NLT

When the dragon realized that he had been thrown down to the earth, he pursued the woman who had given birth to the male child. ¹⁴ But she was given two wings like those of a great eagle **so she could fly to the place prepared for her in the wilderness. There she would be cared for and protected from the dragon** [satan working through the antichrist] for a time, times, and half a time [the last three and a half years of the 7 year Tribulation].

Isaiah 16:4a

Let My outcasts [Israel] dwell with you, O Moab; be a shelter to them from the face of the spoiler [enemy].

David Guzik on Isaiah 16:4-5:

“v 4 **Let My outcasts dwell with you, O Moab**: This is a sudden and curious change of focus. In Isaiah 16:3, Judah was counselled to receive the outcasts of Moab. Now, Moab is asked to receive the outcasts of Judah. Bultema thinks that Isaiah 16:4–5 is an end-times prophecy of how Moab will be a place of refuge for Jews escaping the fury of the Antichrist after the abomination of desolation.

Israel, fleeing from the fury of the Antichrist, will find refuge in places like Moab (Revelation 12:6, 12:13–14). They will be protected “from the face of the spoiler” until “devastation ceases” and “the oppressors are consumed out of the land”.

In those end times, the throne of the Messiah will be established, and the Messiah Himself will sit on the throne: One will sit on it in truth, in the tabernacle of David. His reign will be wonderful, judging and seeking justice and hastening righteousness.”

11. God writes the gospel in the genealogy from Adam to Noah

The meaning of the names of the 10 generations from Adam to Noah tell the gospel.

Adam	“Man”
Seth	“appointed”
Enos	“subject to death”
Cainan	“sorrowful”
Mahalaleel	“from the presence of God”
Jared	“one comes down”
Enoch	“Dedication”
Methuselah	“When he dies, judgment”
Lamech	“Conqueror”
Noah	“Rest”

Putting the meaning of the names together we get:

“**Man**” is “**appointed**” or “**subject to death**”, making him “**sorrowful**”. But “**from the presence of God**” “**One comes down**” who walks in “**dedication**” to God. “**When He** [the Messiah] **dies**, [there will be] **judgment**” of sin. He is the “**Conqueror**” of satan, sin and death, and brings “**rest**”.

Jesus said, “In the volume of the book it is written of Me” (Hebrews 10:7 NKJV). He also said to the unbelieving pharisees, “You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me. ⁴⁰ But you are not willing to come to Me that you may have life” (John 5:39-40 NKJV). The Scriptures consistently point to Jesus as the one who promises life and rest to those who will repent and believe.