

## REST 1

The kingdom of God is within us, it is a spiritual dimension that we have access to through the connection of our spirit to God's Spirit. Our spirit and our soul is a dimensional place. There is a throne in our spirit that is called the seat of rest; the Lordship of Jesus over our spirit, it is the joining of our spirit to the Lord's Spirit, where we become one spirit.

When our spirit connects with God's Spirit, his life flows into it and our spirit becomes conscious of the presence of God, a door in our spirit has opened and God has filled it, this life then flows into our mind and emotions and we feel it, our soul becomes conscious of the presence of the Lord, this is called being filled with the Spirit.

God's government is a government of rest. When the Spirit of God is flowing in us it produces rest, we need to learn how to live in and operate in this rest.

When Jesus is on the throne of the seat of rest in our spirit then we will be at rest, but if self is on the throne we will be seeking to meet our own needs in our own strength and we will be weary and heavy laden.

Perfect peace does not come from a calm environment and circumstances. Perfect peace only comes in becoming one spirit with God, and learning how to live in that space.

Once our spirit connects to God where we experience a part of his nature (the fruit of the Spirit), then we can learn how to tune into it. When we experience the love of God, then we can learn how to tune into it again. When we experience the peace of God, then we can learn how to tune into it again, where it flows into us.

The government of God over our lives is a government of rest. It is a flow of His Spirit in us where we are being moved by His Spirit working in us and we respond which is called walking with the Lord, all our words, thoughts, feelings, attitudes, actions influenced by His Spirit.

The peace of God flowing into our spirit produces rest because we are yielded to his government over our lives. We have to be at peace, our life is in his hands, we have to be at rest, so that we can be led by His Spirit.

When we are at rest then, the life of God can flow into our emotions and give us peace, it can flow as revelation into our mind so that our thinking is being directed by God, and it can flow into our imagination so that we can see what God desires to do.

Rest gives us a breathing space, where we can gather ourselves. We can step back into our spirit, we don't have to react to externals; we have to respond to an internal, we have to respond to The Spirit of God inside. Life is not about reacting to an external; it is about responding to an internal, the kingdom of God is within us.

When an event happens we don't go marching out to meet it with open arms. We retreat from the external to the internal to gather ourselves, and rest gives us that opportunity. We are able to step back into our rest and think, by allowing the Lord to speak to us. The revelation of the lord comes from inside of us through our spirit into our mind as spontaneous thoughts.

We are not going to receive revelation from the Lord if our mind is all agitated and confused, trying to figure it all out. If we are at peace the answer will come if not immediately, eventually we are waiting on the lord communing with His spirit, he will show us what to do.

We won't be put under pressure. What do you think about that, we'll I don't know right now, we want to be in rest about it first. When we give our opinion to quick, then we have to apologize. Rest is a positive time out. We are not available for other people's drama, no matter how desperate it is, someone needs to keep a peaceful head. Someone needs to have a restful heart in these circumstances. If we are all traumatized we are all going nowhere.

Rest is a time out for rejoicing, and to responding to who God is for us. It gives us a reprieve, a brief period of rest and recovery after something disagreeable happens before we act. It is a great opportunity to put the effects of the work of the enemy on hold. We do not want to be affected by the enemy.

The enemy likes to bring a situation and get us involved in it. When a spirit of fear comes it wants to express itself through us, that is what causes us to fear. God has not given us a spirit of fear. A spirit of fear is always fearful.

When the enemy comes He wants to traumatize us with a situation in our emotions, he wants to paralyze our thinking, he wants to negatively affect our heart. He wants to pull us out of our intimacy with the Lord. He wants to create a situation and try and get us to react.

We never go out against an external; we always go inside first to get God's perspective. And rest gives us that reprieve, that way of escape, it gives us that breathing space to enable us to gather ourselves and say Lord what are you saying-seeing.

If the lord doesn't say anything initially, we need to stay in a place of rejoicing and giving thanks. We don't allow worry to come in, we just

keep rejoicing and giving thanks. What we are doing is keeping our internal space free of all that clutter. So that we can hear, so that we are free, so that we can receive power, we can receive energy, we can receive what it is that God wants to give us.

Stepping back into our spirit is like pressing the pause button. Putting everything on hold, while we gather ourselves (where we bring our soul under submission to our spirit). We want to make sure that our heart won't be affected by externals, but we are going to be influenced by what comes out of us in Jesus.

Resting and rejoicing go together. These two normally travel together. Rest is always accompanied by something. Rest is never in a vacuum. Rest is a state of spirit and mind that restores us to dependency upon God.

The Spirit of rest which is the Holy Spirit is always promoting Lordship, He is always promoting trust. Trust is one of the relational things in our life. Every situation contains the need for trust. When we know every situation is about trust, it simplifies the whole thing, then it is easy, I have to trust. Why make it more difficult than it ought to be. We will always need to trust, so we quite ourselves (soul) and trust. Be quite and trust says the Lord.

Faith works by love. If we say I don't know if I can believe for this? The issue is never faith; the issue is always about us being loved. We always make faith an issue and Jesus never did. He just said all you need is a little faith. Love is always the issue. If we know we are loved, out of that intimacy out of that encounter the faith will come. Faith works by love. If we are feeling that we do not have faith, the reality is we are not feeling the Lords love for us. We need to start to thanking the Lord that He loves us.

That love is ours that it is in us, it is all around us. Jesus loves us the father loves us the Holy Spirit adores us, we are the beloved. When we get into that place of being the beloved, faith will come. Faith works by love, so we need to get some love, and we will always have faith.

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Rest teaches us our place in Christ. It enables us to abide.

Our favorite armchair is in our meditation room. It is wide enough for Jesus and us together. Rest is like our favorite armchair. It is a place where we can put our feet up, relax and be who we are in Christ. It enables us to abide, to stay, to dwell, to remain in the place of God's choosing.

There is nothing for us to get, it has all been given. What we are learning is how to abide. And we are learning how to call it up in us. We have all the resources that we need right now to have a brilliant life. What will happen is that each situation that God allows for us will call up those resources in us and if we are in rest we will see it for what it is. This is a great opportunity to have this. We are going to learn how to be in this frame of mind which is exactly how Jesus thought about everything. The mind of Christ is the most powerful, the most incredible, dynamic way of thinking that exists anywhere in the universe and we are vulnerable to it. There is a way of thinking so sensational that it lifts us out of all the things that make the world vulnerable and brings us into a whole different domain of the kingdom, that gives us a totally different way of living and seeing and walking and talking from that is astonishing. Rest hates negativity, it is like two cats in a bag, they are so going to fight. Rest never allows the opposition to dictate what I think or feel, it will fight it. Rest is a weapon, it is a sword in our hand. Rest brings all negativity to a standstill. It has the best job, it just keeps the opposition right out there at the edge of our range.

Rest has something to say, something to reveal, something to put out there. It has this confidence and assurance. No your not coming in. rest has the ability to keep everything out there at a certain distance. Then we can hear the voice of God. Most of us don't hear the voice of God because we have another issue going on. If we don't hear the voice of God then the issue is not about the voice of God but something else. He said my sheep know my voice. This is an incredible promise. He is always talking, there is some disconnect in us that is not getting it. if we are not hearing the voice of God, we straightaway take that thought and put it on one side because it is not about the voice of God. it is about us having a disconnect in hearing. Then we need to find what that disconnect is, Whatever that might be.

When we live in rest we learn how to continue being in Jesus. rest and abiding are all the same thing, all the same scenario. God is our keeper, he has an incredible responsibility towards us, he loves looking after us we are one of His kids, his favorite. He loves being in our life, he wants to live in our heart and mind. He loves everything about us, and the things that are not so great, he is committed to changing, but doing it in a way that upgrades our fellowship with him. we always know where we are with God because he never changes. Under the most extreme circumstances he is able to keep us.

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Rest allows us to be undisturbed and living from a place of comfort. We expect to have circumstances in our life that allow us to connect with the comforter. New need to know the comforter, and we don't need comfort when everything is going O.K. he is available to us when our life seems like it is falling apart. The divine advantage of things going wrong is getting to know the comforter. There is always an advantage when we are in Christ.

We deal with difficulties, problems and stress and so on by putting them in the closet. In our house we choose the biggest room to live in. the living room, this is our living space. This is our heart or spirit. we live with our spirit active and communing with God. we never allow

any negative in our living room, to come into our living space. We have rooms that we put the negatives in. when we pray, we don't pray in our living space, we go to the room where we have allocated our problem. we open the door and we step into that room, we pray about the problem, we rejoice about it, we do the business that God wants us to do about it. then we open the door and we close it and forget about it. we never bring stuff into our living space. Our living space is for enjoyment, it is for pleasure, it is for delight. It is where we live, it is where we stay, it is where we abide, so we put things in closets. We enter the closet, we deal with the problem, then we come out of it and lock the door on it. some situations may hang on for a few months, but they are not sitting in our living space with us. we do not eat and fellowship with the problem. it may be in the same house, but it does not sleep in the same bed. It stays locked up in the closet. It doesn't get out, that is how we live. We deal with it when we have to deal with it. we never allow stuff to come into our living space. This way we can handle a dozen things going wrong at once, because they never occupy our own space. We allocate them a room and we only deal with them in that room. We do not allow them in the same space with us, we keep them outside and do not let them get inside. We may be in the room for an hour or two praying and listening to the Lord and talking and so forth. But when we are in that room we are focused on that one thing. We don't allow two or three of them to occupy a room. They all have their own closet. When we are in that closet and thinking about that, we are focused on that one thing, what are you doing Lord, when we have dealt with it then we close the door and move on. And then we don't think about it unless the lord leads us to pray about it or do something about it. this is a discipline that is really helpful. It allows us to spin plates, it allows us to do a dozen awkward things all at once. It means all the pressure around our life gets disassembled, because we don't allow them all in the same room. we cannot allow a dozen things in our living space with us. we wouldn't have a life, all we would have is one big worry. We know what our living space is with Jesus and we don't

allow those things in. we need to be able to separate out our problems from life and put them into a space-closet so that we can learn how to live and enjoy life. To enjoy who we are and the people around us. we do not allow ourselves to be robbed from joy.

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We create the space for the issue, but it is not living with us. in the spirit we visit that room and pray, we enter in to what is outside of us so that we can do business, but we do not allow it to take up space in our living room. When we learn how to practice this art of living, then we can bear a lot of weight. We learn how to spread the weight out we don't allow our real true living space to be overrun by anything negative.

Math 11: <sup>28</sup>*Come* (come hither, come here, come, interjection, come! come now!) *Unto* (at, near, by, to, towards, with, with regard to) *me, all* (totality) *ye that labour* (continuous action, to grow weary, tired, exhausted (with toil or burdens or grief) to labour with wearisome effort, to toil, of bodily labour) *and are heavy laden* (state brought about by the finished result of the action, to place a burden upon, to load, metaph. to load one with a burden (of rites and unwarranted precepts), *and I will give you rest* (future, to cause or permit one to cease from any movement or labour in order to recover and collect his strength, to give rest, refresh, to give one's self rest, take rest, to keep quiet, of calm and patient expectation, *To give rest, quiet, recreate, refresh*). <sup>29</sup>*Take* (command to begin at this moment-not continuous, to raise up, elevate, lift up, to raise from the ground, take up: stones, to raise upwards, elevate, lift up: the hand, to take upon one's self and carry what has been raised up, to bear, to bear away what has been raised, carry off) *my yoke* ( a yoke-of bond service to the master, of submission to authority-Christ yoke- not simply imparted but shared with him

a yoke that is put on draught cattle, metaph., used of any burden , a balance, pair of scales) *upon you, and learn* (command to begin now-not continuous, to learn, be apprised, to increase one's knowledge, to be

increased in knowledge, to hear, be informed, to learn by use and practice, to be in the habit of, accustomed to, to have learned something-secret-bring into experience, understand) *of me; for I am meek* (dead to self, mild and gentle) *and lowly* (of attitude, humble, modest, total dependence) *in heart: and ye shall find* (meet with, discover) *rest* (inward tranquility while performing necessary labor) *unto your souls.* <sup>30</sup>*For my yoke is easy* (to furnish what is needed, gracious, kind, better), *and my burden* (load, of his commandments) *is light* (easy to bear, not heavy).

Engaging God's rest means leaving what is wearisome and makes us heavy laden-problems, crises, traumas, emotions and so on. Leaving all those things to receive rest. We always have them as a separate thing from us, never in the same space. We cannot do anything without rest.

Rest is learning how to be in partnership with the Holy Spirit. when Jesus says take my yoke upon you. It is an agricultural term. When they plowed their field they had two oxen that were yoked together. They were yoked together in the area's of their strength. What He is saying I am with you, partner with me. This is what he is referring to. Come to a place and a role where we can join with Jesus and partner in peace.

Peace is never passive it is active learning. We learn how to be active in our peace. We think peaceful, we feel peaceful. We are rejecting something that makes us feel anxious or worried. We learn peace in the circumstances that we have. Every circumstance is an opportunity to grow spiritually; we just need to look for it. we take the opportunity to upgrade our peace and our rest in our difficulties. Every difficulty we have may carry with it an upgrade in peace and rest, in the fruit of the spirit. we need to learn how to pick it up. Like a computer game where we are going into different rooms and we have 15 seconds to go through the door and get out through the other door before it closes on us. in the process we need to pick up six things. Life in the spirit is a little bit like this. Every situation has something for us to

pick up, there is something available alongside the difficulty. There are things to pick up in every circumstance. We have to pick up what is available in the situation because we know God never comes empty handed. He always comes with something.

Jesus said I am gentle and humble, those are the two characteristics that always cause us to walk in victory. Two characteristics the enemy can never possess. Gentleness defeats him, it makes him powerless. Humility destroys all that arrogance and pride and everything he wants us to partake of. The humble person has an advantage over all others, no one can put you down. It is very simple.

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The enemy wants us mad, sad or fearful. Gentleness and humility are overcomers because they are impossible to resist. It is hard to maintain an arrogance in the face of someone who is being humble. Because every word out of our mouth makes us aware of how much of an idiot we are being. Arrogance gets self defeated in the presence of humility. We find rest for our soul, our mind, emotions and will.

The yoke of Jesus is the one that he has with the Father. It was the yoke that enabled him to only say what the father was saying, and do what he saw that the father would do. This is a yoke, a partnership. Partnership with God is easy, and the burdens we have to carry are light.

The burden that we will take on in terms of negativity is far heavier than the burden that God gives us in ministry when we are yoked with Him. When we are yoked the strength of the one partners with the other, flows into the other. We do not want to disconnect from the yoke.

The burdens that we receive through negativity are far more heavy than the burdens that God puts upon us in terms of ministry. Jesus said my yoke is easy and my burden is light because He lived in unbroken fellowship. Rest allows us to abide.

We need to place a high value on our rest and never give it up to our situation or circumstances. The best time to start learning to rest

and practice peace is right now. We don't want to wait until a storm hits, we need to start practicing it right now. Rest is our capacity, it is our permission to live in the presence of God.

In the storm on the lake, Jesus created peace because it was already in him, He just let it out. When His peace came out, it covered the whole lake. What comes out of us in difficult circumstances, will smother everything around and will turn it around. It will turn a negative atmosphere into a positive one. Jesus had an inner rest that couldn't be affected by the outward circumstances, by the storm, that is why he was asleep in the first place. He had something going on, on the inside of Him, that did not make him vulnerable to any externals. How many nights sleep have we lost to worry or fear. Out of our innermost being we can change the atmosphere. There can be an outpouring of peace coming out of us, it is just a simple discipline when our spirit is alive unto the Lord. And a discipline in the Lord is always a delight. We need to be delighted to be in rest. We need to delight to be in rest. We need to be happy about being peaceful. We need to really enjoy the process of learning rest and learning peace.

We pray for a spirit of rest and peace to enter us and take up residence. And from this moment on there are no excuses, we have it and we are going to maintain it always. We are going to learn how to abide, how to stay in it.