

We need to learn the art of rest, to cast the whole of our care upon the Lord; it is like learning how to rest on the water when we are learning how to float. We need to learn how to rest in the Lord. It is as we learn how to enter into His rest, that we experience the renewal of the spirit and the refreshing of the Lord.

When the Lord reveals something to us for the first time he sets a precedent (an example for later action or decision, a practice to establish in our life). When God thinks or says or does something for the first time He sets a precedent. So whenever He does or says anything for the first time He always sets a precedent. And by that precedent we know Him forever.

The first time the Lord reveals a part of who He is to us, what He is saying is this is who I am for you and I will always be like this, I never change. As we experience a part of his nature, then we can learn how to dwell in it and practice it as a lifestyle

The very first thing that God ever did in terms of His relationship with man was that he introduced rest. On the sixth day God made man and on the seventh day God rested. Man's first day as a created being was a day of rest.

When our spirit is made alive with the eternal life of God, we will experience his rest and peace, and once we experience it we can learn how to practice it and abide in it. Experiencing the Spirit of God is an invitation to live in it.

The very first thing that God introduced into his relationship with man was the capacity to be at rest. He did all the work, man entered into the rest and the fruits of it. What is true in the natural is also true in the spirit. In the New covenant, God does all the work in Christ and

we enter into the finished work of the Lord Jesus Christ. We learn how to live in God, and we live not only in His love, but In his peace and rest. Peace is a byproduct of our relationship with God. It is the permission and power of God to be at peace.

If we are struggling in an area of our life, it is because we have not learned how to enter into His rest. In and of ourselves we are powerless to overcome anything. We struggle and fail, struggle and fail because we are still trying to do it in ourselves and have not yet learned the principle of rest. We need to begin to learn how to view all of life from a place of rest and confidence in the Lord.

And he rested on the seventh day and blessed it and sanctified it, because in it He rested from all his work which he had created and made. God will always bless our rest. When we learn rest there will never be a time that he does not bless it an honor it and sanctified it.

The peace of God is a part of the provision of Jesus Christ, it is set aside for us, it is available and an absolute essential of the Spirit filled life.

Every circumstance we encounter already has rest as a part of the equation.

Eph 2: ⁶And hath raised us up together (an action that happened at a specific point in the past, to cause to raise together with), *and made us sit together* (specific point past, cause to sit down with) *in* (intimate union with, remaining in) *heavenly places* (existing in heaven, things that take place in heaven, what pertains to heaven, where we possess every spiritual blessing) *In* (intimate union with) *Christ* (anointing) *Jesus* (Jehovah is salvation):

Being seated in heavenly places is all about rest. When we sit down we relax, we are in an attitude of rest. We are taking off the weight, our whole mindset shifts when we sit. There is a peace that comes to us. The lord opens our spiritual eyes to see ourselves seated. We learn how to carry this vision of rest into all our activities.

In the natural something happens physically to our body when we sit. What is true in the natural is true in the spirit. To be seated is an attitude of rest. Rest is physical, emotional, mental and spiritual. It is the tangible expression of God's presence.

God's promise to Moses was that my presence shall go with you, and I shall give you rest. We are not a people looking for rest, we already have it, we just need to learn how to practice it. As we learn how to practice rest, we will be more aware of the Lord's presence. The lord is already inside of us, we can't get anymore presence than that, and we just need our spiritual eyes opened so that we can appropriate it.

As we learn how to practice rest we will feel the touch of God more. God's Spirit is very tangible. Our relationship with the Lord will have to be tangible at some point, or we don't really have one. All relationships become tangible at some point. We have to learn how to touch the Lord, how to connect.

Our relationship with the Lord is not only spiritual it is also an emotional and physical thing. We can receive our healing in the spirit, but at some point it has to become a physical thing.

Rest is something that we receive, so in order to receive it we have to allow it to displace the opposite. Rest is part of the infilling of the Spirit. We are learning how to partner with God and rest is a part of our partnership. We cannot trust the Lord and be anxious at the same

time because these two things are incompatible. They cannot exist in the same space at the same time. One of them has to go and since the peace of God is already in our spirit we get to choose.

Life in the spirit means that we have been given the right to choose, we have been given the freedom to choose to let the peace of God, which surpasses understanding to clothe us.

Through the Spirit we get to choose what we are going to think, what we are going to see. We get to choose what we are going to tune into and connect with. We have the power and the freedom to choose in Christ. This is what Jesus died to give us.

Through the Spirit we need to displace the opposite of rest. Rest comes to displace any negative that may be trying to infiltrate our life. The rest of God is a weapon. Through the rest of God we can put to death the anxiety, the lack of peace, and worry and stress.

The negative circumstances of life do not need to affect us adversely. But we need to recognize that they will not leave the premises by themselves, they have to be cast out. Perfect love casts out fear.

This is a partnership with the Lord, a covenant. worry, anxiety and fear are not going to go away by themselves, they need to be helped to leave the premises. When we are under the Lordship of Christ we are choosing to partner with rest. Rest is a gift, but we have to learn how to partner with it for it to work. When we are submitted to the Lord we can then resist everything that comes to steal our rest. The rest of the Lord then becomes militant to search out and destroy anything in our heart that could hinder it. We have to learn to say no to a negative and rest helps us to do that. Jesus is our rest.

Rest is a key part of everything God is and everything that he does. He only operates out of rest. He may get lots of urgent prayer requests but he only operates out of a place of rest.

Jesus is the prince of peace, and he said my peace I give to you. Peace is something to be guarded. The peace of God will guard our hearts and minds in Christ. Rest is a sentry over our life. We put it at the entry point, at the gate of our life. Then anything that wants to enter our heart has to get through peace. The job of peace is to keep negatives out of our life and heart, to keep them on the outside and never let them get on the inside. We have to guard our inner territory and rest of the Lord is what enables us to do that.

Rest is a part of our inheritance.

Deut 12: 9 For ye are not as yet come to the rest and to the inheritance, which the LORD your God giveth you.

These two things are always connected. Rest is a major part of our inheritance and it is the doorway through which our inheritance will come to us. Rest gives us a capacity to view life in a particular way so that we are always more God conscious than anything else. As we are partaking of rest we are partaking of the Spirit of God. From rest we are empowered to possess our possessions.

Sometimes we lack provision and blessing because we have a trust issue. Our concern is will God do this for me. We believe He will do it for someone else, but it is human nature not to believe God will do it for me.

We have a trust issue with the Lord all the time, because we know who we are in our self. With the rest of the Lord there is never a trust issue. Rest is so powerful that it gives us a confidence because rest will

quite our mind so the Lord can tell us who we are in Christ, and then it it keeps us in the place where we should be.

Rest and our inheritance go hand in hand because when we are living in rest we are only thinking of life as a possibility for God and nothing else. Our inheritance is always made available to us through rest. And rest gives us the capacity to see beyond what is in front of us and to see what is waiting for us beyond it. Rest allows us to see the provision of God through the problem that is present. Rest knows that if there is a problem here, there has to be a provision for that problem over there and motivates us to go find it.

Rest gives us the assurance that God is not only present but He is actively working on our behalf. A person in rest has the confidence to look to the reward, to look to the inheritance.

Rest is always a renewal; it is one of the main parts of our renewal.

A person not living in rest will always need some type of ministry to get some relief. A person living in rest never needs a refreshing they carry it with them all the time. They live in the overflow.

The real place to live is in a constant state of renewal, where we have more than enough, and we don't need any more, we are filled. Once we get to a place where we are in need of renewal then there is actually something wrong with our life. Something is leaking out.

When we live in a place of rest we are so God conscious that renewal is a constant. This journey of faith cannot be made without rest and peace. Faith depends upon our capacity to rest in the nature of God.

Every day when we wake up one of the first things we should be experiencing is a rest, a peace. When we go to bed we thank the Lord for the rest in our spirit and soul and ask him to be in our dreams. We are expecting a good night's sleep, because our body also needs rest. We are expecting to wake up in a sense of rest and peace. That when we get out of bed we are not thinking about all the things we have to do , Our first thought is about rest, about presence. If we end our day God conscious we will start our day God conscious.

Rest is critical in warfare.

Deut 12: ¹⁰ But when ye go over Jordan, and dwell in the land which the LORD your God giveth you to inherit, and when he giveth you rest from all your enemies round about, so that ye dwell in safety;

God gives us rest from all our enemies.

As believers in a world gone astray we come under pressure. The spirit of the age we are living in is all about tolerance. Tolerance is the spirit of the age. There are some things as believers that we can't tolerate, so we are going to come into conflict in those times. In times of warfare God gives us a rest. We have to learn how to practice a state of rest knowing that conflict is going to come.

When we learn how to practice rest, we become rest. It is not just a concept it is an attribute of God that we take hold of, and that can take hold of us.. Rest allows us to live so much in the presence of God, the peace of God, and the purpose of God.

Rest gives us a conviction about God that we can fully trust, and therefore relax into. We are relentless about what we believe, what we want to experience, we are relentless about the rest that we want to live in, we are just like the Lord, we are learning to be the same. We are

not going to be tossed to and fro; we have rest that keeps us calm and stabilized in every situation that we enter into.

In every situation that we go into we expect to win. If we have a conviction about something our rest is going to see that that conviction is realized. The rest of the lord allows us to stand until his promise is realized.

The fruit of the Spirit is like a fortress of God's personality. The fruit of the Spirit is a more potent weapon against the enemy than the gifts of the Spirit. The fruit of the Spirit is who we are on the inside. We get to a place in parts of our life where we don't need to change anymore; we are sealed up but ever expanding.

We become like God in our nature. We need to be as unchanging in those aspects of our personality as God is. It doesn't matter what people say or what people do, this is who I am. People can be against us but this is who I am going to be towards them.

During the storm Jesus was sleeping, out of who He is, He speaks and everything around Him has to obey. The peace that was in Him permeated the atmosphere. This is power in the spirit. Power to affect an atmosphere, this is what we have when we live in rest. We can walk into a room and the faith level will rise, just from us being there. We can walk into a conflict and bring a peace with us that will settle things down. It is a part of who we are, it is a part of who Christ is within us.

We can rest in love, joy, peace, God's faithfulness, gentleness, patience, kindness, in His goodness towards us, because He never changes. We always know where we are with God because He never changes. He is consistent. We can rest in the fruit of the Spirit. We have to learn how to rest in the goodness of God. We rest in the attributes of God until they become a part of us, this is who I am.

All the fruits of the spirit lead us into that one place that guarantees our maturity; it leads us into self control, where our new self controls the space all around us. Our real self in Jesus, our spirit controls the things that are coming in and out of our life.

We get to say what comes in and what doesn't come into our heart, because the peace of God guards it.

We have a capacity in the inside of us that needs to develop so that we control the atmosphere at least in our own life and around our own circumstances. And we don't let anything into that space. Rest is the best guard dog.

The fruit of the Spirit has to become our nature-this is who I am. Resting is always accompanied, it is never by itself. Resting always brings something else into the equation. Resting is usually accompanied by rejoicing, praise, thanks, faith, and trust, it never comes by itself. Whatever we need in a situation, rest will call it forth into that situation.

The Holy Spirit is rest. He is a person of astonishing rest and peace and calmness. He can bring an incredible calm to us of peace and tranquility. We never rest in a vacuum. Rest is like a prepared space that has an agenda. God always has an agenda in our rest. He always wants to give us rest for-something, not just to be only but to do. He wants to give us the rest so that we can overcome, so that we can believe for something, so that we can be with Him and relax. This is why it is important to let our spirit be lost in awe and to sit speechless in God's presence.

We can be in times of real distress in our circumstances, and get into the presence of God where we are in a place of awe and wonder so that we can see our circumstances through his eyes.

Rest empowers us to become God conscious, where He is the focus, He has the preeminence, and He is all and in all and all we are doing is just looking at Him. We need this spiritual discipline.

Every spiritual discipline is rooted in delight first. He wants us delighting our way into a space with Him where our delight itself is actually the discipline. And the thing that we are trying to discipline is the consequence. But it is our delight that is the actual discipline.

We want to be delighted in this area, and that area of our life. When God shows us something we want to be delighted about doing it. We want to be delighted about praying; otherwise we will see prayer as a chore.

We want to be delighted about reading the word; witnessing or else we will see it as something we got to do. We want to be delighted about witnessing or else we will never witness or do it effectively. We have to talk about the Lord as the most important person in our life. We have to delight in these things or we will never do them. We have to delight in praising the Lord or else we will forget to do it. Human being will do exactly what they want to do. This is why God puts everything in the form of delight. All our disciplines are rooted in delight.

Once we establish the delight for something the doing of it is easy. It takes about three months to develop a skill, a habit or a discipline. Rest has to be practiced.

Hebrews 4:¹Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.

If we are going to be fearful of anything we need to be fearful of not resting. We are to be really concerned about not being at rest.

²For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. ³For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. ⁴For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. ⁵And in this place again, If they shall enter into my rest. ⁶Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief:

Disobedience is the only reason that we don't come into rest, we don't see the necessity of it, and we don't see the importance of working at it.

Rest is in everything that God does. So not to be in rest is to be out of his will, because the will of God is first of all a state of heart,

When we are in rest we stop trying to do something. When we are in rest we are not in our own strength any longer. We have stopped trying to get something by our own efforts. We are waiting, we are watching, we are listening, we are preparing to do whatever God tells us to do.

Let us labor (to make every effort-with haste, intense carefulness, determined perseverance) *therefore to enter into* (motion into) *that rest* (ceasing from labor, the place of rest, a dwelling, fixed abode), *lest* (so that not) *any man fall* (to be made miserable, to perish) *after* (intimate union, abiding in) *the same example of unbelief*

(disobedience, unwillingness to be persuaded, willful decision against, where the evil spirit is active).

It should be of huge concern to us to live in rest, not to fall short. God has promised rest to us and we must profit from this unique spiritual discipline. We enter into rest only by believing. We don't enter into rest by experience; experience is the consequence of being at rest. So right here, right now, right this moment, we are in rest if we choose to believe so, because rest is a gift.

We must work at maintaining rest. We have rest now, what we are learning is how to maintain that rest, How to abide in it, how to stay in it, how to use it, how to be overcome by it. And this is a daily commitment to practice.

The key to learning rest is always the voice of the Lord, today if you hear His voice, harden not your heart. We don't take on board a negative. Rest is a daily occurrence. What we are learning in rest is to say no to anything that would cause a lack of rest, anything that would cause a lack of peace.

We receive rest in our spirit not in our head. We allow it to come up from our spirit into our conscious mind. It is a peace that passes understanding. Peace comes from within. We cannot try and bring peace into our life. We can't think our way into peace. It rises up on the inside of us and this is why rest never comes by itself.

It will come with rejoicing, it will come with thanksgiving. Jesus is in rest and we are learning to relax in Him. We labor to enter into rest, we work at it, and we practice our peace every day.

We give ourselves to peace by denying the negatives. Rest makes sure that we are focusing on one thing that we need to focus on right

now. Anxieties worry, stress, negativity is all out there, and we are not letting it in our heart. Rest takes charge of our whole life. Rest lives in the gateway where by things can come to us and rest refuses admission.

Whatever comes against us as a negative, rest refuses and we receive a positive instead, we get an increase in something. There is always something brilliant in our life somewhere and in Christ we are learning how to see what is available. We are learning to walk with the Lord Jesus in the power of the Holy Spirit and they can turn the tables on things in and around our life. Rest enables us to have a lifestyle of thanks. We are learning to put negatives away and to draw near to God with confidence.

Heb 4: ¹⁶Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Rest empowers us to find the help that we need. Rest increases our revelation in the situation that we are in. it makes everything open and gives us a powerful perception.

There is a way that we look at things when we are in rest. We don't see those things when we are in a lack of peace. Rest is a renewal always. It is rest that enables us to release a confession. Confession is where we say the same thing that God is saying in our circumstances, and it releases a declaration. This is what the Lord is doing in my life right now. When you live in rest you have a confidence that God can work everything out for good. There is an incredible joy in not knowing how God is going to do it, when in our spirit we know that it is already done.. Rest gives us confidence to enable us to receive from the Lord. A double minded person is not capable of receiving. Rest gives us confidence to be focused to be single minded on something

Not only rest shall come upon us but also the joy of the Lord with it. When we are in a place of rest we will discover just how radiant we are in Christ and how amazing we are going to become through him. Any negativity is outside of who we are it is not internal. It is external and we have power over it. We break all curses of negativity over our lives.