

Faith-Rest (Trust Leading to Peace)

Introduction One of the consistent features of life is testing. We live in a fallen world, in an imperfect society, among people whose way of life is directed by Satan and their own sin natures. We cannot avoid the friction, conflict, or confrontation that results from this. We face daily disasters, small and great, which are brought on us suddenly by nature, by the ignorance or deliberate actions of other people, or even by our own mistakes and sins.

Faith-Rest is God's plan for Believers who are going through testing, who are having problems. **Faith-Rest** is the means by which we can have JOY, a happiness in this life which does not depend on people, circumstances, or things. Think of it! God promises that you can have the peace and joy of God, in spite of what's happening in your life, in spite of the problems and testing that you are going through.

Your testing may be mild or severe, or anything in between. There are family troubles, money problems, social conflicts, problems on the job...the list is endless. The charge of the elephant, or the charge of the mosquito, will come at any time, and usually without warning.

1 Corinthians 10:13, "There has no testing taken you but such as is common to man; but God will, with the testing, also make a way of escape, that you may be able to bear it."

Whether the test is small or great, it is allowed by God to measure our faith and our application of the things He has provided for us in this life.

1 Peter 1:7 "That the trial of your faith, being much more precious than of gold that perishes, though it be tried by fire, might be found unto praise and honor and glory at the appearing of Jesus Christ."

Definition of Faith-Rest

Faith-Rest: the process of understanding, believing, and applying the promises of God's Word in times of testing in the life of the believer.

The term "faith-rest", and its definition above, is taken from the Scriptures in Hebrews 4:1,2 "Let us therefore fear lest, a promise being left us of entering into His **rest**, any of you should seem to come short of it. For 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."

The most common reason for failure to "enter into rest" is a lack of knowledge of God's plan and the assets He has provided for us. We who don't know what the Word of God says will never know the promises of God or the provisions He has made for testing.

The Example of Abraham -

Genesis. 15:1 "After these things the word of the Lord came to Abram in a vision, saying, **Fear not**, Abram: I am thy shield, and thy exceedingly great reward.' Here is God's promise of protection and an outpouring of grace blessings. The Lord has solutions for Abraham based on grace provisions which God had laid up for him from eternity past. That is, God's plan for Abraham is already set up and operational. It is merely a matter of Abraham's remembering God's previous promises and believing them.

Isaiah 1:10-13 "Fear not, for I am with you. Be not dismayed, for I am your God. I will strengthen you; yea, I will help you; yea, I will uphold you with the right hand of my righteousness. Behold, all they that were angered against you shall be ashamed and confounded, they shall be as nothing, and they that strive with you shall perish."

Who is the one making these promises? It is the Almighty God, the Creator of the Universe! And every promise of God is backed up by His perfect character and His perfect character. Our thinking about His promises can be related to His divine attributes, for example:

Abraham has had great victory, then he fails. He has started to worry, to cave in. He still feels he has something to complain about. He has no male heir, and if there is no male heir, the inheritance will go to Eliezer, his servant.

Genesis. 15:2 "And Abram said, `Lord God, what will you give me, seeing I go childless, and the heir of my house is this Eliezer of Damascus?'"

Worry is a sin, Romans 14:23, "...whatsoever is not of faith is sin." Worry is, in fact, equivalent to blasphemy. Worry slanders God by saying that His promises are lies or that God is not able to keep His promises. In other words, the fearful person believes that God *can not* or *will not* keep His promises.

Worry is the opposite of Faith-Rest. And Faith-Rest is the answer to worry.

Abraham has two choices: (1) he can try to solve his own problems by worrying, fretting, planning, being upset and angry, trying to scrounge up answers, trying to work around things, etc., or (2) he can let God solve the problems he cannot handle.

Genesis 15:3 "And Abram said, `Behold, you have given me no seed: and, lo, one born in my house is my heir.'"

Abraham blames God for his troubles. Blaming others, especially blaming God, is a sure sign of spiritual deterioration. A mature person takes responsibility for his own actions. It is a trend in modern psychology to find someone or something to blame for troubles, such as parents, the environment, the community, politicians, employers, etc. But this tendency ignores every divine provision, every blessing, every law, and every principle of suffering.

Genesis 15:4-6 "And, behold, the word of the Lord came unto him, saying, `This shall not be your heir, but he that shall come forth out of your own loins shall be your heir.' And he brought him forth abroad, and said, `Look now toward heaven, and count the stars, if you can number them.' And he said to him, `So shall your seed be.' And he believed in the Lord; and He counted it to him for righteousness."

Here God restates His promises and gives Abraham a dramatic illustration of what He means, by showing him the stars. Finally, Abraham believes God. He has about 15 more years to wait before Isaac is born, but he is able to wait patiently and have inner peace because he has laid his burden on the Lord.

The Benefits of Faith-Rest

As a believer grows in grace, he will use Faith-Rest with increasing skill and power. Faith-Rest relies entirely on the continuous ministry of the indwelling Holy Spirit, therefore the believer will benefit from Faith-Rest only when he is in fellowship, walking in the Spirit [Romans 14:23].

Following are some principles of the Faith-Rest system:

* Faith-Rest is from God, Who is perfect. No human works or deeds can be added to this perfect divine provision.

* To enter into God's rest, the believer must cease from his deeds (human good) and enter into a rest in which he does no work. The Holy Spirit does the work, Hebrews 3:7 to 4:16.

* Faith is required, not works. Faith implies the absence of human merit. The merit for Faith-Rest lies in the object of faith, God the Father and His Word. The doctrines and promises of the Word must be mixed with faith, Hebrews 4:1,2.

The extent to which Faith-Rest applies to every aspect of a believer's life can be seen in the more than 7,000 individual promises in the Bible which can be claimed by the believers in one way or another.

In order for Faith-Rest to function it is necessary for the believer to take in the Word of God on a daily basis, so that he learns which promise provisions have been made available. Use of the Word of God in this manner provides the following benefits:

- - Inner rest, the "peace of God that passes all understanding."
- - A happiness that does not depend on people, circumstances, or things.
- - A relaxed mental attitude arising out of victory over sins of mental attitude.
- - The ability to have genuine personal love toward those close to you.
- - The desire to be occupied with Christ and to study God's Word more.
- - Divine provision for every need.

An Example of Faith Rest - Victory Over Fear

Because concentration on Bible truth is so important, your mental attitude is a prime target of Satan's attacks against the power of the Word of God. Everyone

is susceptible to various combinations of events, circumstances, or people who cause arrogance, bitterness, depression, self-pity, worry, anger - anything to block out God's thoughts.

One of your most potent enemies, for example, is fear. Fear is a mental attitude which shuts down thought and closes out God's viewpoint.

Note: It is not a sin to be scared, to be afraid of something that is dangerous or which threatens to harm you. Sinful fear, though, is a continuing morbid mental attitude in which you say, in effect, that God cannot or will not protect you in time of danger.

Fear opposes the believer's confidence and courage in the Christian Way of Life, 1 John 4:18. It is not surprising to find that one of the strategies most often used by Satan is that of causing believers to be filled with fear.

To deal with fear, proceed as follows:

CONFESS SIN . Fear is a sin. While confession will not conquer fear, it must be the first step. The fear has caught you off guard and you must quickly recover your mental poise and your ability to think and use doctrine. Therefore, confession and restoration to fellowship is the first requirement.

CLAIM PROMISES . Following confession of sin, recover a relaxed mental attitude by claiming promises found throughout the Word of God relating to fear, such as

Isaiah 41:10, "So do not fear, for I am with you, do not be dismayed, for I am your God. I will strengthen you, surely I will uphold you with my righteous right hand."

Romans 8:28, "For we know in fact, that to those who love God, he works all things together for good, to those who are the called ones according to a predetermined plan."

TAKE CONTROL OF THE SITUATION.

Romans 8:31,32, "What conclusion are we forced to face with these things? Since God is for us, Who is against us? Who did not spare His own unique Son, but delivered Him over on our behalf, how shall He not with Him graciously give us all things."

Even if the problem is hopeless, completely beyond your control, you can still cope with it by intelligently trusting the Lord for a solution.

In using Faith-Rest principles, you are employing the thinking of God and His eternal wisdom as your own guide and counsel.