

Faith-Rest

Psalm 27:5 For in the day of trouble He will conceal me in His tabernacle [promises]; In the secret place of His tent [His word] He will hide me; He will lift me up on a rock.

(Revised: 4/1/2013)

Faith-Rest is a way of thinking. Everyday, sometimes every minute, we have things happen that can give us great unrest. God does not want us to live in unrest, but in FAITH-REST. So, He gave us many, many, many promises in the Bible, both in the Old and New Testaments. When we see ourselves getting worried, fearful, guilty, anxious, the list could go on and on, we can use one of God's promises. Maybe we'll need to use more than one! Through the power of the Holy Spirit, the promise will help our minds rest! God wants us to use His promises.



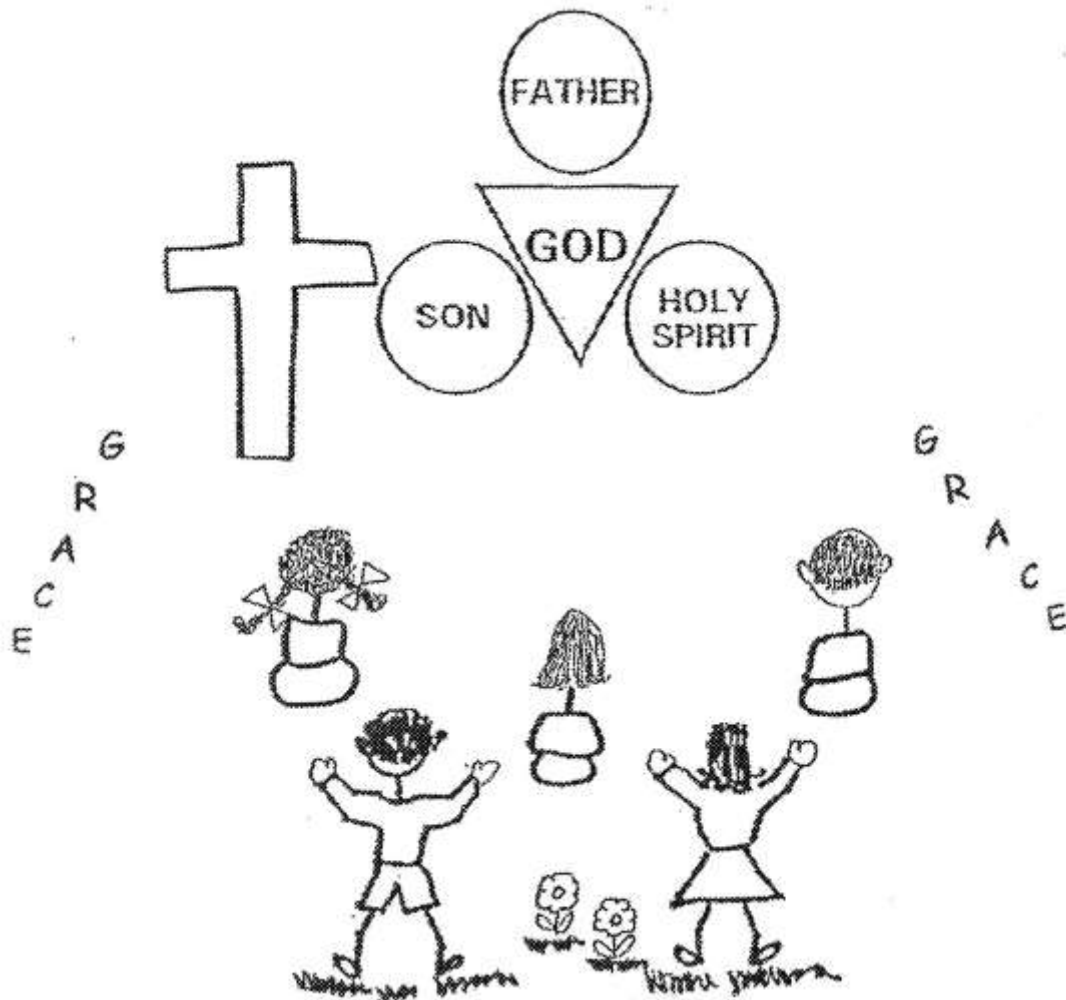
"Believe in the Lord Jesus Christ, and you will be saved." Acts 16:31



"I will not leave you comfortless; I will come to you." John 14:18

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage [have confidence]; I have overcome the world.

Let's look at the word **FAITH** in Faith-Rest. Here it means that we can have faith in God. One of God's attributes is **Veracity**, which means that God is truth. He is **ALWAYS TRUTHFUL**. We can believe His word. God never lies to us. So, when He gives us promises in the Bible, we can trust that He will do what He promises! **WE CAN HAVE FAITH IN GOD AND HIS PROMISES!**



Romans 8:31 What then shall we say to this? If God is for us, who is against us?

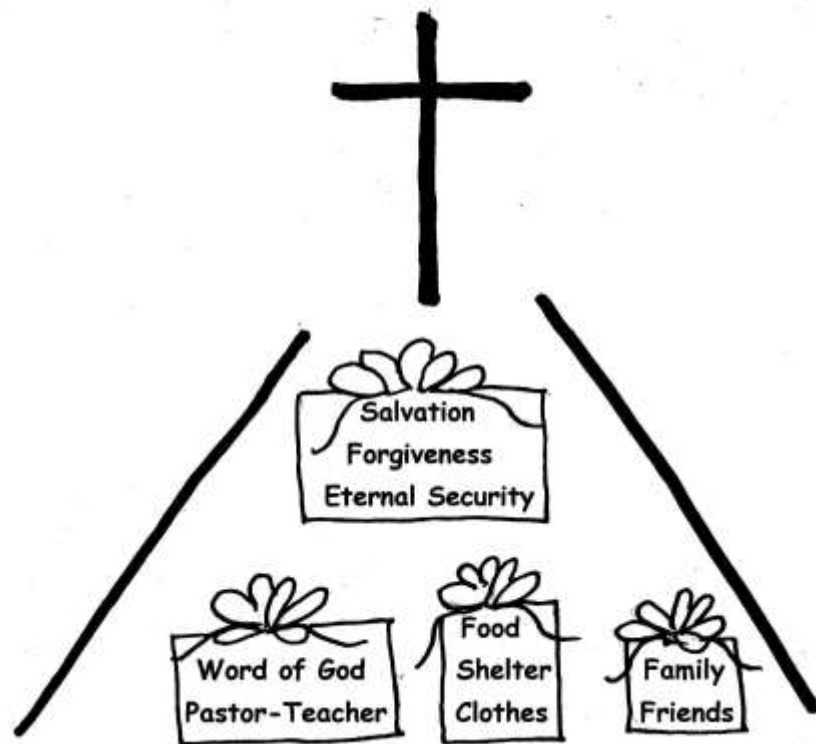
Besides having **veracity**, God has nine other characteristics in His divine nature that are reasons why we can believe what He promises. **Sovereignty**: This means that God has supreme authority and rule over all He creates. He wants the best for all He creates! **Righteousness**: God is absolute good. **Justice**: It is impossible for God to be unfair or make a wrong decision. **Love**: God's attitude of esteem and regard toward Himself and His concern, mercy, and kindness toward His created beings. **Eternal**: There never was a time when God did not live. There will never be a time when He stops living. Nothing caused God to come into existence. **Omnipresence**: God is "everywhere present". He is an eyewitness to every activity of our lives. He is available to help us immediately! **Omniscience**: God has complete knowledge of all things. **Omnipotence**: God is all - powerful or almighty. **Immutability**: God cannot change. He doesn't need to change since everything about Him is perfect. When we think about these characteristics of God, we are using the **essence of God rationale***.

***Rationale** means reasons for something.



Psalm 47:2 How awesome is the Lord Most High, the great King over all the earth!

We can also use the **logistical grace rationale**. This means that we think about what God has promised to give us so that we can grow in His grace and get to know Him. We have to have food, shelter, and clothing. We need a pastor-teacher, a Bible study teacher for young children, a Bible, and a place to learn. Anything we need for living and learning about God, God will give us! We need to think about this when we are worried about ourselves or about our parents trying to pay bills, to buy a house, or whatever the concern. God has it all under control! He will give us grace gifts!



Psalm 37:7 Rest in the Lord and wait patiently for Him.

We can also use the **plan of God rationale**. We know that God has a special plan for each one of us. We are to use the word of God, divine viewpoint, to follow the plan. As long as we are on this earth, He has a purpose or plan for our lives. In order to accomplish that purpose, God will give us what we need. It may not be what **we** think we need. However, God knows best. Remember, He is omniscient!



Philippians 4:19 But my God shall supply all your needs according to His riches in glory by Christ Jesus.

We can have **faith** in God and use His promises. We can come to the conclusion that God is for us. God is in control of our troubling situations! He wants His best for us. We can **rest**, or relax. We can **faith-rest!** We need to keep practicing this kind of **rest**. The more we do it, the easier it will become, and the more we will **faith-rest!**

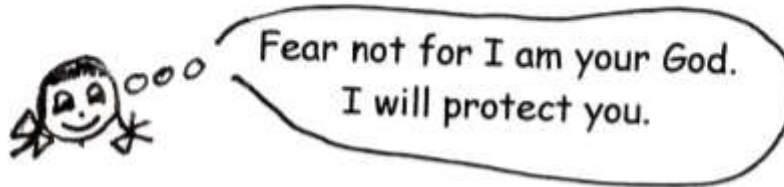


Psalm 56:3 When I am afraid, I will put my trust in You.

How do you faith-rest?

1. Claim a promise to calm your soul.

Remember one of God's promises.



2. Think of a reason from the Bible as to why the promise will work.



God is all-powerful. Omnipotence

Why will that help me?



3. This all ends or results in our minds coming to God's way of thinking. We relax! Romans 8:31 What then shall we say to these things? If God is for us, who is against us?

God will help me.



The more we faith-rest, the more simple it will become. We won't be thinking of 1,2,3. We'll just claim a promise and have faith in God knowing He'll do what He promises to do. We have an awesome God!