

Rest!

Part Two

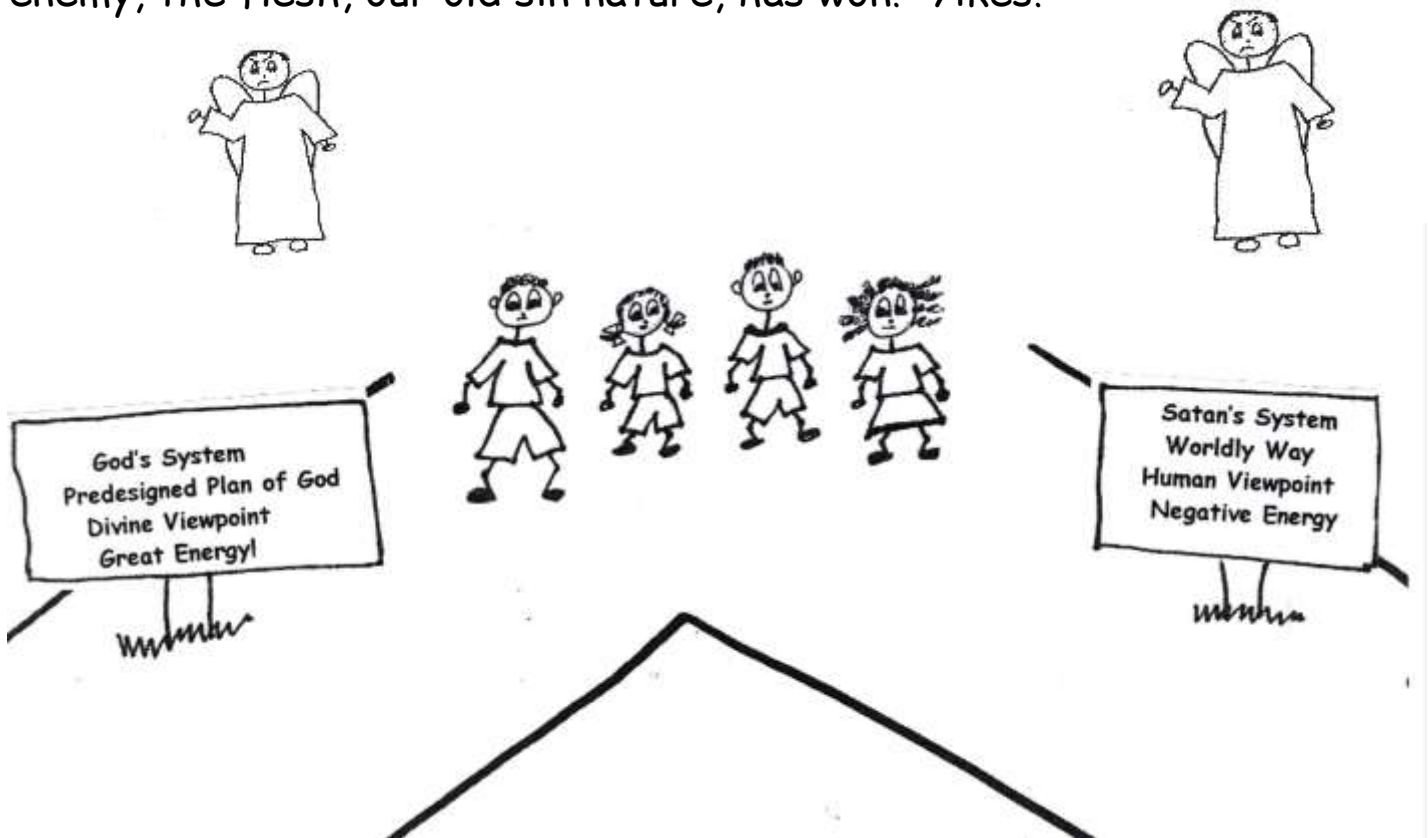
The Opposition to Rest

(Revised: 4/14/2013)

Matthew 11:28 Come to Me, all who are weary and heavy-laden, and I will give you rest.

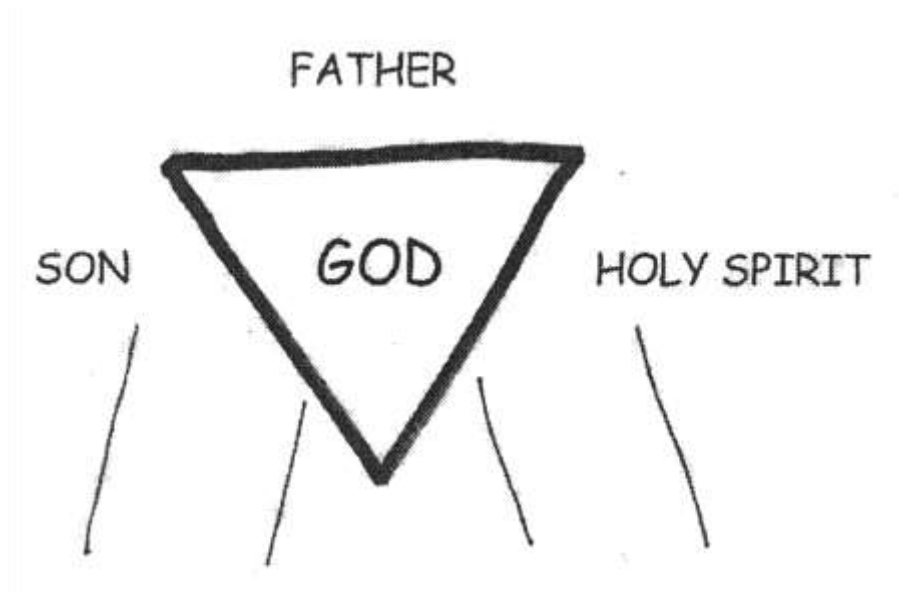


We have an enemy that opposes our rest and he goes with us wherever we go! We won't be rid of him until we die! His job is to see that we are not at rest. Ready for this? The enemy is our flesh! We also call it our old sin nature. It is our human nature without God. It has weaknesses and strengths. Satan and his angels try to wear us down, to make us tired, so we will give in to our weaknesses. They also try to make us arrogant and rely on our strengths, on human good, and not on God. Then they use these areas to get us away from the plan of God. When we give in to the weaknesses and strengths of our flesh, we don't have rest! We have sins and sin accuses, condemns, and destroys us. Then we're out of God's plan! We're out of our place of rest! When this happens, our enemy, the flesh, our old sin nature, has won! Yikes!



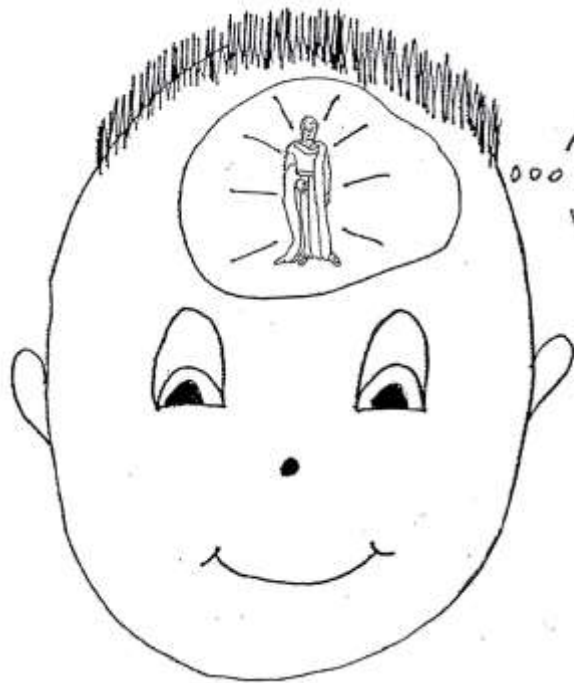
Galatians 5:17 For the flesh [the human nature without God] sets its desire against the Spirit [the Holy Spirit], and the Spirit against the flesh.

God, however, wants us to have complete and total rest in our souls! To help us accomplish or do this, God the Father, the Son, and the Holy Spirit indwell believers' bodies. We never lose this indwelling. The Trinity stays with us as a guiding force. The power that we have inside of us from the Trinity is far greater than any power and enemy outside of us. We have available to us the almighty power of God to fight our enemies!!



The purpose for the indwelling of the Father is to show us the greatness of His plan for our lives. He tries to make us realize His plan is more splendid or awesome than any plan we could think of. In fact, we can't even imagine the wonderful things He has planned for us! The Father's power and plan for our lives is far greater than anything in the world.

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, Who has blessed us with every spiritual blessing in the heavenly places in Christ...



It is sooo comforting and reassuring to focus on the Lord Jesus Christ. His way lights my way. What a light!

Galatians 2:20a I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself up for me.

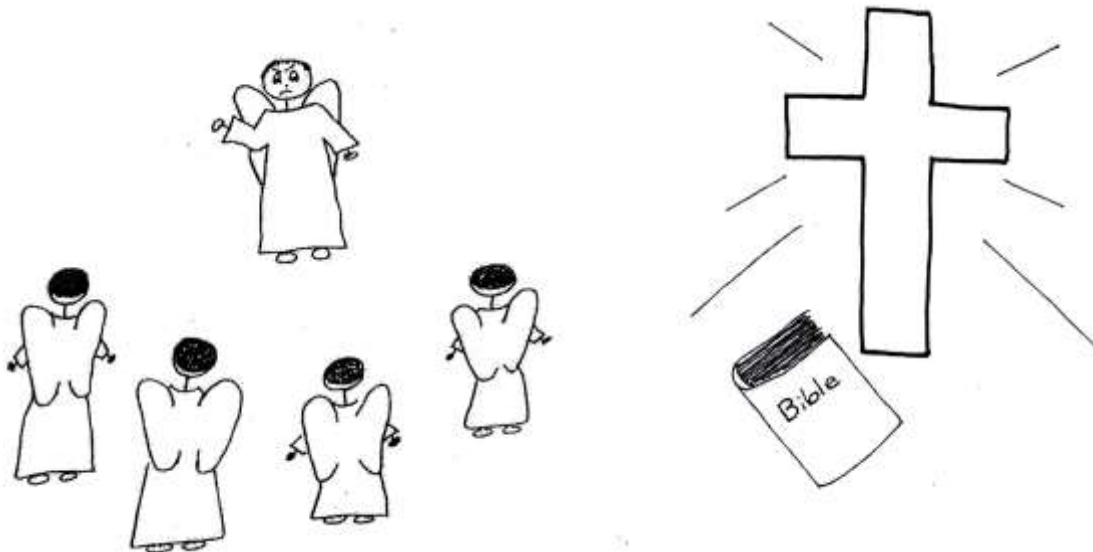
The purpose of the indwelling of God the Son is to serve as a badge, or a sign, of the Royal Family of God and its privileges. It is to give the believer confidence to grow to spiritual maturity. It guarantees eternal life.

Galatians 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.



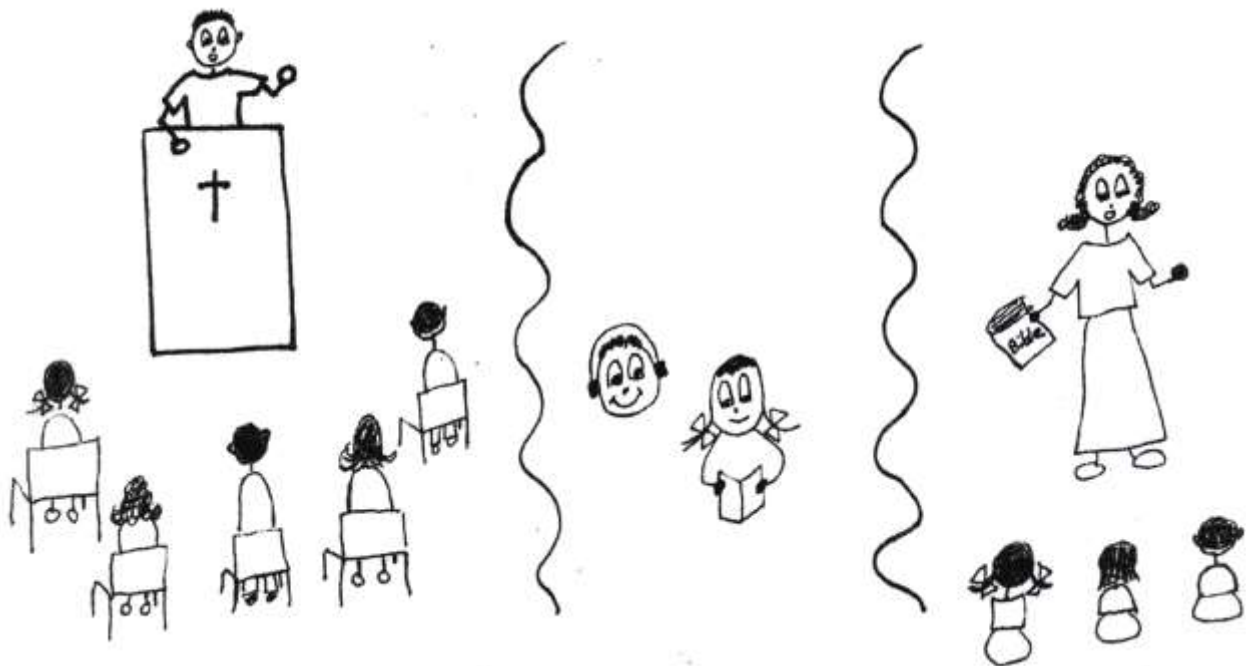
The purpose of the indwelling of God the Holy Spirit is to provide a temple for the Lord Jesus Christ, the Shekinah Glory. It also sets up a base of operations for the use of divine power and a place to execute the predesigned plan of God. We are to make use of the power of the Holy Spirit and let Him control our soul. The Holy Spirit is there to help us with the battles we go through with our flesh. We are to let Him do His job!

Satan's strategy is to try to stop us from reaching our goal of becoming mature believers. But God has had the final say and He wants us to become mature believers. The choice to become a mature believer depends on our volitional choices each day. We will fall many times, and that is not important. What is important is that we get up again! Satan wants us to fall and to stay down. However, Jesus has already won the victory, so all we have to do is get up and go forward again in God's plan! The power on the inside of us is greater than the power and attacks of our enemies. *1 John 4:4 You are from God, little children, and have overcome all the things of this world; because greater is He Who is in you than he who is in the world.* The power that we have is greater than worries, fears, troubles, shock, you name it! The Greater One lives inside of us! What peace of mind we can have! What rest!



Colossians 2:14 Having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

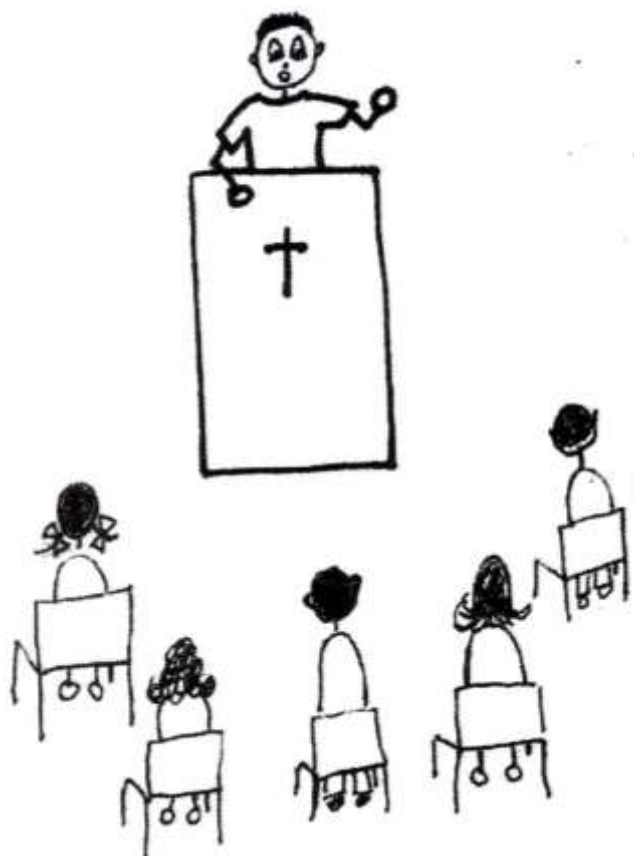
Rest is also the result of submitting to a local assembly. This means that we accept the authority of the pastor-teacher. Satan attacks the pastor-teacher because He knows that no believer can reach spiritual maturity without the teaching of the pastor-teacher. He wants the pastor-teacher to be distracted! Satan knows that we can't become invisible heroes or glorify God without learning, knowing, and using the word of God. God, in His grace, has given pastor-teachers their spiritual gift. And then He gives us a pastor-teacher as a gift. He has also given us the gift of a text book, the Bible. God is always giving us grace gifts!

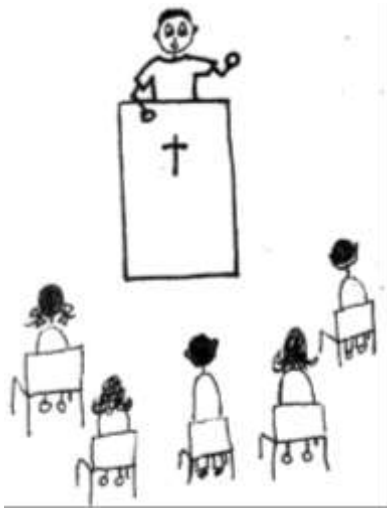


Ephesians 4:11-12 And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastor and teachers [pastor-teachers], for the equipping of the saints [believers] for the work of service, to the building up of the body of Christ;

God has given pastor-teachers authority and responsibility to teach His word. Our pastor-teacher is to teach us what God expects of us and God's plans for our lives. Since his authority is so important, tremendous divine protection is given to the pastor. So, the last person we want to malign or distract is the pastor-teacher! We are to respect his authority and learn from him. We are to pray for him, encourage and edify him, and support him. He is a man just like we are, and he will fall just like we do. Therefore, remember to always treat him with love and respect! He is our grace gift from God, our teacher of the word of God! He teaches us how to be at peace and rest, relax, and live in the moment!

Hebrews 13:17 Keep obeying those [pastor-teachers] who themselves are ruling over you, and submit to their authority, for they keep watch over your souls, as those who will render an account.





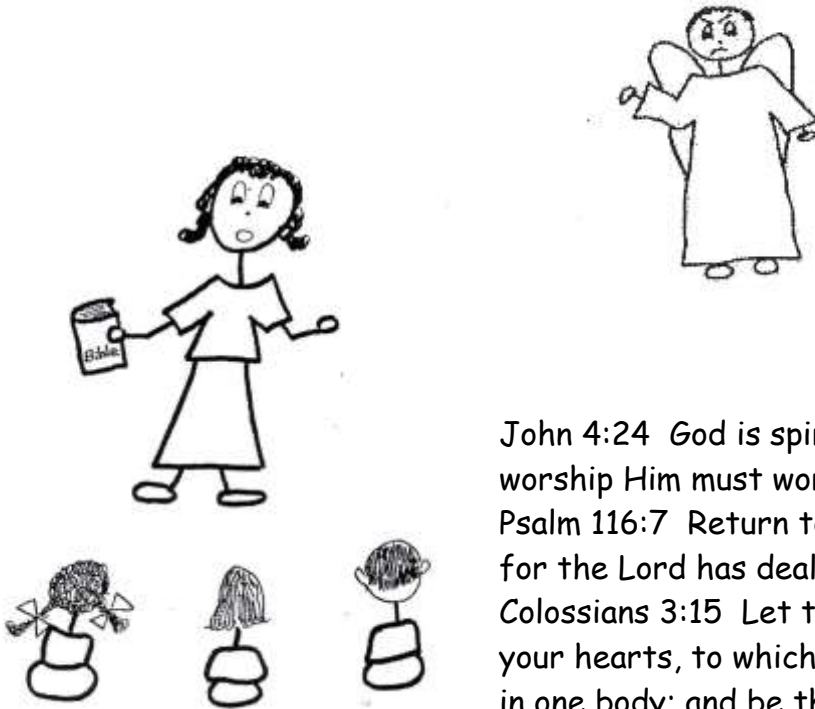
We can take our place in the local assembly, whether face to face, or by the internet, or other means. We are all in the body of Christ, with Jesus Christ as our Head. We can use our place in the assembly to serve other members of the body of Christ. When we have a servant's heart, we are humble and at rest within ourselves. A true servant doesn't care who gets the glory. A true

servant has one great goal, and that is to make the person he serves look better, to make that person even more successful! We can grow in God's grace and knowledge and use the ammunition of God's word to defeat our enemies and glorify God!



Ephesians 1:22-23 And He put all things in subjection under His feet, and gave Him as head over all things to the church, which is His body, the fullness of Him Who fills all in all.

God has a great attitude of rest toward the believer. In spite of what we do or who we are, God has an attitude of rest toward us. If God, Who is in charge of us all, has that attitude, why do we have attitudes of unrest toward ourselves? Because we don't really understand the love and peace of God. That is why we need to learn about God! Satan doesn't want us to have this knowledge and peace. So, he distracts us on the way to Bible study and even while we are at Bible study. He wants us to be upset with each other so we can't relax and learn God's word! God wants us to pay attention and be careful that we don't get distracted! God is at rest with us; He loves us. We need to rest in God's attitude toward us, the fact that He loves us and that there is no condemnation to those who are in Christ Jesus!!



John 4:24 God is spirit, and those who worship Him must worship in spirit and truth.
Psalm 116:7 Return to your rest, O my soul, for the Lord has dealt bountifully with you.
Colossians 3:15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

We have the responsibility to rest. Rest is a way of thinking. God gave us the tools to rest, His power and His word. We have to use these tools and believe or have faith in what God promises us. Faith is a technique and has to be learned and practiced. It takes self-discipline to train our volition to be consistent in choosing to learn the word of God. It takes routine to help us organize our lives so we make time for studying God's word. When we are consistent in coming to Bible class and learning and believing the word of God, we will grow in capacity for life! After lots of training and practice, we will build up spiritual muscles on our souls. Refusing to do this will rob us of the wonderful blessings God has for us! So, let's accept the responsibility to live in God's rest, grow in the knowledge of His word, have faith in His promises, and encourage others in His rest! God wants to build up the Church, the body of Christ, and help us to understand His great rest!



1 Timothy 4:8 For bodily discipline [exercise and eating healthy food] is only of a little profit, but godliness [living the spiritual life] is profitable for all things, since it holds promise for the present life and also for the life to come [all eternity].

Points to Remember

1. We have an enemy that opposes our rest and he goes with us wherever we go! The enemy is our flesh!
2. God the Father, the Son, and the Holy Spirit indwell believers' bodies.
3. The purpose of the indwelling of the Father is to show us the greatness of His plan for our lives.
4. The Father's power and plan for our lives is far greater than anything in the world.
5. The purpose of the indwelling of God the Son is to serve as a badge, or a sign, of the Royal Family of God and its privileges.
6. The purpose of the indwelling of God the Holy Spirit is to provide a temple for the Lord Jesus Christ, the Shekinah Glory. It also sets up a base of operations for the use of divine power and a place to execute the predesigned plan of God.
7. Satan's strategy is to try to stop us from reaching our goal of becoming mature believers.
8. The power on the inside of us is greater than the power and attacks of our enemies.
9. Rest is also the result of submitting to a local assembly which means accepting the authority of the pastor-teacher.
10. God has given pastor-teachers authority and responsibility to teach His word.
11. Our pastor-teacher gives us the ammunition we need to defeat our enemy, the flesh!
12. In spite of what we do or who we are, God has an attitude of rest toward us.
13. We have the responsibility to rest. God gave us the tools to rest, His power and His word.

Vocabulary

1. **indwell**: to stay somewhere
God the Father, the Son, and the Holy Spirit **indwell** believers' bodies.
2. **provide**: to supply or furnish something needed or useful
The indwelling of the Holy Spirit **provides** a temple for the Lord Jesus Christ, the Shekinah Glory.
3. **base of operations**: the place at or from which a process is begun
The indwelling of the Holy Spirit sets up a **base of operations** for the use of divine power.
4. **execute**: to carry out or do something
That base of operations is also a place to **execute** the predesigned plan of God.
5. **strategy**: a plan of action
Satan's **strategy** is to try to stop us from reaching our goal of becoming mature believers.
6. **assembly**: a group of persons gathered together
We can take our place in the local **assembly**, whether face to face or by internet or other means.
7. **attitude**: a state of mind or feeling
God has a great **attitude** of rest toward the believer.
8. **in spite of**: regardless of; no matter what
In spite of what we do or who we are, God has an attitude of rest toward us.
9. **technique**: a special way of doing something
Faith is a **technique** and has to be learned and practiced.
10. **consistent**: constantly following the same course
Faith takes self-discipline, training our volition to be **consistent** in choosing to learn the word of God.
11. **routine**: a series of activities done regularly
It takes **routine** to help us organize our lives so that we make time for studying God's word.
12. **capacity**: the ability to hold, receive, or contain
When we are consistent in coming to Bible class and learning and believing doctrine, we will grow in **capacity** for life!



Activity Page

Unscramble the Words. Use the vocabulary sheet.

- yacipcat _____
- weldlin _____
- netriuo _____
- nesstocnit _____
- dievpor _____
- hiqetunec _____
- eetxcue _____
- dutetai _____
- meslysab _____
- ratyseg _____

