

Faith Rest Part 4

Benefits!

Welcome back and here we go! Praise God for His faithfulness to us, in that we are here now, we can enjoy a relationship with God, and we have something other than just what the world has to offer.

In terms of *Faith Rest*, I have noticed I personally talk a lot about faith, but, often, I may not be resting. In fact, it can be the opposite --- that while I am speaking faith, my mind is racing, looking for solutions; my heart is heavy with anxiety about choices made or choices to be made; worry of what's to come, stress over needs and of course, loneliness, the fear of being alone and the craziness found when alone.

1) What is *Faith*? How do you personally rest in that *Faith*?

Okay, so I mixed it up. It's another way of asking what is *faith rest*!

Hebrews 3:6 – 4:10

The wilderness generation did not benefit from *faith rest*. They fell in the desert.

2) I am living a life of (circle your biggest one):

- Fear ●Worry ●Anxiety ●Stress ●Loneliness ● Anger
- Unforgiveness ●Greed ●Gossip ● _____

If you circled something, it was because it resonated with you. You thought "*that's me at the moment. I have a specific issue.*" So how do you benefit from *faith rest* in your situation?

***** [From Grace Notes on Faith Rest, pages 6-7](#) *****

The Benefits of Faith-Rest

As a Christian grows in grace, he will use Faith-Rest with increasing skill and power, and it will support all of his divine viewpoint thinking and production. 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 [Rom.14:23].

Faith-Rest was the means of spirituality for believers in the Old Testament. [See Hab. 2:4; Heb. 11; Rom. 4:17-25] One of the principle passages relating to Faith-Rest is Hebrews 3 and 4, particularly the section from 3:6 to 4:16. Please read this passage in your Bible before proceeding.

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, also called 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.
- Faith-Rest produces a relaxed mental attitude and victory over mental attitude sins, Isaiah 26:3,4; Rom. 5:5.
- Faith-Rest is the basis for dynamics in prayer, Matthew 21:22; Mark 11:25.
- Faith-Rest is a principle of victory in spiritual warfare, Hebrews 11:6; 1 John 5:4,5.
- Faith-Rest is a part of the Christian way of life in the church age, 2 Cor. 5:7.

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 Christian in one way or another. See, for example, 1 Pet. 5:7; Isa. 41:10; Ps. 4:8; 55:22; 56:3.

For Faith-Rest to function it is necessary for the Christian to take in the word of God on a daily basis, so that he learns which promise provisions have been made available. The Christian is continually filled or controlled by the Holy Spirit through confessing sin biblically. Use of the word of God in this manner provides the following benefits:

- Inner rest, the peace of God that passes all understanding; (Philippians 4:7) 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 and genuine impersonal love toward others.
- The desire to be occupied with Christ and to study more of God’s word.
- Divine provision for every need.

The key to the success of the Faith-Rest system lies in the validity of the object of our faith, the word of God. Therefore, every aspect of the perfect character or essence of God the Father supports Faith-Rest.

As we see here there are many benefits of *Faith Rest*.

A believer can only benefit when they stop trying to solve the issue in their own power and by trusting in the Spirit. Our way hasn’t worked yet, so why don’t we try trusting the Spirit now, just by saying, *Ok, I give it to you God and believe you will handle it....*

Is it that easy? Well, in concept, it is.

3) When you think of the thing that bothers you most, what do you feel?

God knows how you feel and He wants you to have peace. Do you believe that? Well, that is step 1.

Faith Rest produces a relaxed mental attitude and victory over mental attitude sins.....

Isaiah 26:3

Are you thinking about God or about the problem? The key in Isaiah is thinking about God.

Faith Rest benefits us in prayer.

Matthew 21:22, Mark 11:22-24

4) (Personal) If you were to pray about what concerns you, what would you pray?

Let's pray now.

- Inner peace
- A relaxed mental attitude
- Genuine personal and impersonal love
- Desire to be occupied with Christ
- Divine provision for every need

5) Which of these do you want and why?

As we leave here today, as your problem comes up and God the Holy Spirit reminds you.....

[Holy Spirit we ask you and give you permission to remind us....]

At that moment, ask the Holy Spirit --- *what does God say about it? Do I believe that?*

Then try to relax.

Let's pray.

Next Tuesday – Bible Study “Faith Rest – Part 5 – Application - Fear”