

Faith Rest Part 5

Faith Over Fear

Welcome back and here we go! You know as we continue to talk about *Faith Rest*, the more I find ways to employ it in my life. Every day presents a unique set of opportunities to trust God or to fear outcomes.

In summary, this is what we have learned so far:

- #1 - Worries - Will God keep His promises? Can God keep His promises?
- #2 - Giants - Spiritual Stamina
- #3 - Provision - "No water"
- #4 - Benefits - Are you thinking about God or the problem?

1) What is "Resting in Your Faith"?

Same question --- different approach.

Steps in Faith Rest Techniques and Application:

From Grace Notes on Faith Rest, page 7

The steps in the Faith-Rest technique are:

1. *Establish fellowship with God through the filling of the Holy Spirit which is done through personal confession of sin using the Biblical definition of sin.*
2. *You may then recover a relaxed mental attitude by claiming promises from the word.*
3. *As a means of calling up divine viewpoint thinking, concentrate on pertinent doctrines related to the issue at hand.*
4. *Take control of the situation as you reach doctrinal conclusions.*

2) What are some of the things you fear?

From Grace Notes on Faith Rest, page 7

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. Mental attitude sins and doctrinal thought cannot coexist. Everyone is susceptible to various combinations of events, circumstances, or people who cause arrogance, bitterness, depression, self-pity, worry and anger which block out God's thoughts.*

One of your most potent enemies, for example, is fear. Fear is a mental attitude sin which shuts down thought and closes out divine viewpoint. No matter how much doctrine is resident in your soul, none of it will help if your mind is immobilized by fear.

Mental attitude is everything. We either believe God or we believe the circumstance. We either believe God is in control or we don't. He cares or He doesn't. We can trust Him or we can't.

From Grace Notes on Faith Rest, page 7-8

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.*

3) Let's confess now the sin that keeps us from rest.

Do you know that whatever is happening in your life, God has allowed? Now that can either be terrifying or liberating. Again, mental attitude.

From Grace Notes on Faith Rest, page 8

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*

Isa. 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."

Rom. 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."

If you do not remember many good promises, look them up in a Bible concordance, look at a list of promises or call a friend for some help.

A promise is God's guarantee, a capsule statement of Bible doctrine on which to anchor your mental attitude. A promise expresses the character of God and provides you with an instant perspective on things and gives you the ability to reduce the most complicated situation to utmost simplicity. Where panic reigned, peace can now be restored.

Claiming promises is never an end in itself. It is only the beginning of the application of Faith-Rest. Promises cannot sustain a relaxed mental attitude and they cannot solve complex problems. Promises are used to make possible the most important phase of Faith-Rest, doctrinal thinking.

Promises cannot sustain a relaxed mental attitude!

Knowing promises is good but they must be mixed with doctrinal truth.

From Grace Notes on Faith Rest, page 7

First, God thought about me in eternity past.

Next, He designed a perfect plan for me in eternity past.

Then, He chose me for a privileged part in His plan.

Therefore, God can bless me right now because I possess His righteousness.

Finally, God will bless me forever in heaven.

These simple statements are really a set of five basic doctrines which help restore divine viewpoint thinking. By using this system of concentrating on doctrines which you have already learned, you can immediately recall your place in the overall picture of God's grace. By this faith application of doctrine, you can become stabilized and regain objectivity.

4) How does this help you and your fear right now?

Has God left you alone?

Does God care for you?

Is anything impossible with God?

(Personal Thoughts)

5) This is why I must remain in fear.....

6) This is why I cannot relax.....

Maybe you really do have real things to fear. I am sure we all do. But the *Faith Rest Principle* is designed for times of light and times of extreme pressure.

What's the worst situation you have ever been in?

By recalling what God has already done, we can have hope for the future.

NO BIBLE STUDY NEXT WEEK, AUGUST 19TH