
Faith Rest

Faith-Rest is the process of knowing, believing, and applying the promises and doctrines of God's Word to the Christian Life. *Faith-Rest* is designed to be used by the Christian throughout his lifetime, on a daily basis, as a technique for overcoming any difficulties, problems, or disasters in life. *Faith-Rest* is one of the Christian's most important resources in making rapid progress toward Christian maturity and the production of divine good in the life.

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 (human good) and enter into a rest in which he does no work. The Holy Spirit does the work, HEB. 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, HEB. 4:1,2.

- Faith-Rest produces a relaxed mental attitude and victory over mental attitude sins, ISA. 26:3,4; ROM. 5:5.
- Faith-Rest is the basis for dynamics in prayer, MT. 21:22; MK. 11:25.
- Faith-Rest is a principle of victory in spiritual warfare, HEB. 11:6; 1 JN. 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.

In order 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, and to be continually filled (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."
 - A happiness (+H) 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 God's Word more.
 - Divine provision for every need.
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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 (essence) of God the Father supports Faith-Rest.

FAITH-REST AND THE ESSENCE OF GOD

SOVEREIGNTY - Faith-Rest is part of God's plan.

RIGHTEOUSNESS - God is perfect goodness; therefore any trial will be good for me.

JUSTICE - God's plan for believers is always fair; therefore I will always be treated justly.

LOVE - Every situation is governed by God's loving care for me.

ETERNAL LIFE - I share the life of God forever, through every experience, good or bad. God plans with eternity in view.

OMNISCIENCE - God knows about my trials or sufferings even before they take place, and He has already planned what to do about them.

OMNIPRESENCE - God is everywhere, therefore He is always with me.

OMNIPOTENCE - God has the power to do what He says he will do. There is no question of His ability to keep His promises.

IMMUTABILITY - God never changes in His thoughts or His attitude toward me; all of His characteristics remain the same, forever.

VERACITY - God is perfect truth, He never lies. Therefore, what He has promised will be performed, and whatever I apply to my life has eternal truth attached to it.

How to Apply Faith-Rest

The objective of Bible teaching is the presentation of Bible doctrine which the Christian can use in his daily life. People differ in their abilities to retain and recall doctrines and promises when they are needed.

You never know when you will be required to use a particular doctrine, and you may be able to recall only a tiny amount of what you have heard from the Pastor-Teacher in the past. For this reason, you must take in doctrine on a daily basis so that usable doctrine accumulates gradually in small increments, line upon line and precept upon precept.

There must also be continuous repetition of important principles and reinforcement in learning how various Bible principles interrelate.

As you study the Bible you will discover that a divine frame of reference is being built in your soul by which you can receive, understand, and apply further doctrinal teaching. Truth builds upon truth. ISA. 28:10. You will see that God's viewpoint is gradually replacing your human viewpoint on many issues. You are building a set of divine standards by which you will be able to exercise wisdom and discernment and make correct decisions in life.

You will grow in spiritual maturity if you maintain continuous momentum in the Christian Way of Life for an extended period of time. Your personal intake of the Word of God constitutes its own reward as you benefits from living the truth.

In the faith application of the Word of God, you will draw on your accumulated resources of Bible teaching in order to cope with your problems and take control of your own life. The Word of God in your soul makes you self-sustaining, independent of anything in the world system, and able to face life with

courage and confidence as you fulfill God's plan for your life.

Faith-Rest, then, is designed by God as a versatile technique for overcoming problems in life. By FAITH you apply doctrine logically from the resources in your soul, meanwhile you are RESTING in the promises of the Word of God.

The steps in the Faith-Rest technique are:

1. Establish fellowship with God (the filling of the Holy Spirit) through Biblical confession 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.

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, anger - anything to 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.

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 JN. 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 BIBLICALLY. 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

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 don't remember many good promises, look them up in a 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.

Note: 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.

APPLY DOCTRINE. Your concentration on doctrine in Bible class and in your studies has brought doctrine into your soul. Now you will apply this doctrine by moving it to the front of your mind to meet the demands of the moment. You will apply a "rationale" to the situation.

A "rationale" is a "reasoned exposition of principles or statements of reasons; a set of reasoned rules or directions." By mentally tracing out the principles related to a crisis, you are re-explaining to yourself the basic concepts of doctrine that apply to the situation. This is necessary because fear and the accompanying emotions have revolted against thought, and you must take conscious and deliberate steps to reinstate the rightful authority in your soul.

You could, for example, think through some conclusions derived from ROM. 8:29,30, "For those God foreknew He also predestined to be conformed to the likeness of His Son, that He might be the firstborn among many brothers, and those He predestinated, He also called, those He called, He also justified; those He justified He also glorified." Your thought process might go like this ...

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.

TAKE CONTROL OF THE SITUATION.

Romans 8:31,32, "To 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."

These conclusions, stated in these verses as rhetorical questions, enable you to take control of situations which formerly caused fear and anxiety. With objectivity and confidence restored, you can evaluate your circumstances and make the decision or take the action which your own wisdom and discernment dictate as the solution to the problem.

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

OBSERVATIONS

Any Bible doctrine you have stored in your human spirit can be developed into a rationale to meet a test or crisis in your life.

At one time or another you will need every doctrine that you have had an opportunity to learn.

If you find yourself lacking inner resources in time of crisis, it means that you have not prepared yourself in advance for the testing. Testing will come, ready or not.

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