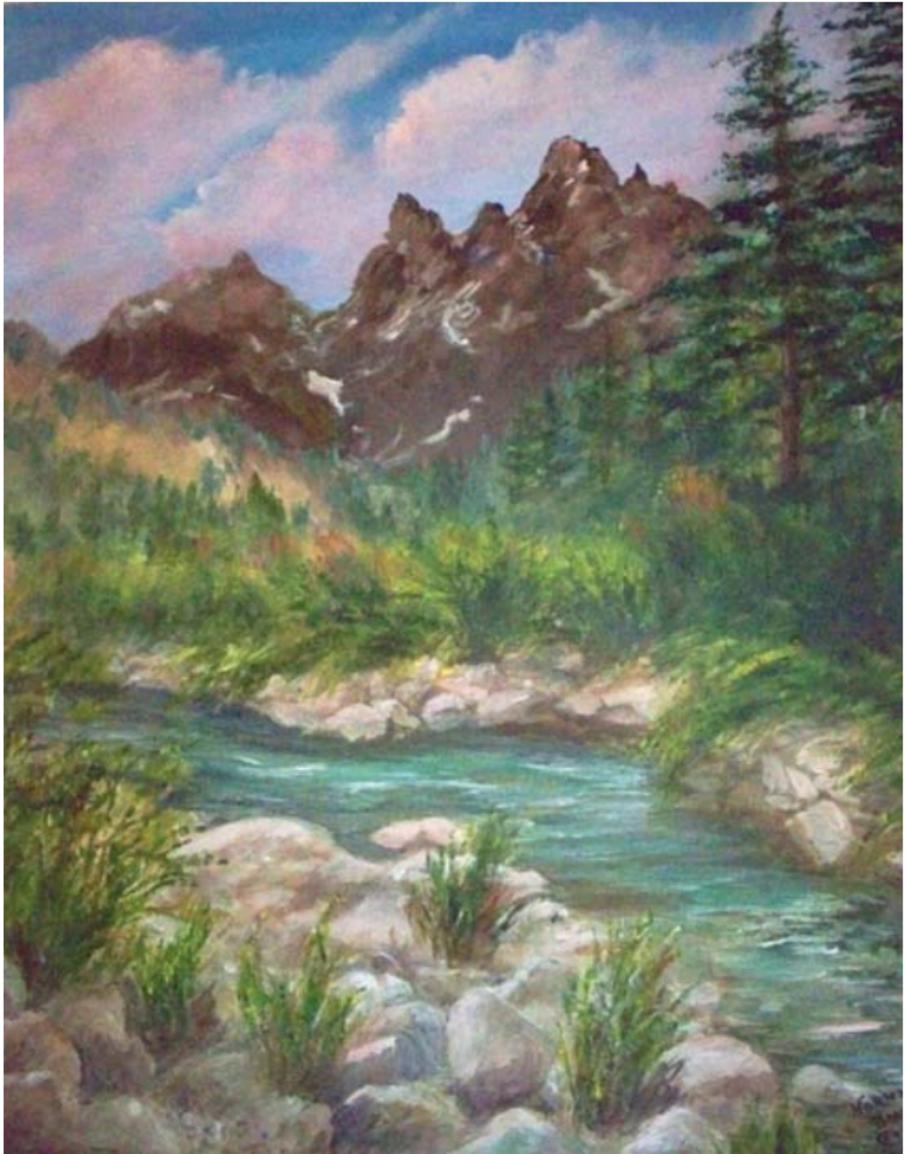


# *Resting in God*



*Written and Compiled by Patsy Oda  
Art work by Norma Bonds*

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## **Introduction**

*Resting in God is the key to abiding in the presence of the LORD and doing His will by His power for His glory.*

*God's Place of Rest is His Secret Place where we can rest safely under the shadow of the Almighty. (Psalm 91:1)*

### **Scripture Versions Used**

The Amplified Bible (TAB)

New International Version (NIV)

New King James (NKJ)

New Living Translation (NLT)

The Message (TM)

## **What does God mean by REST?**

- *REST is the simple, unquestioning trust of a child of God on his/her Abba Father in heaven.*
- *REST is coming to Jesus with no personal agenda, except to give ourselves totally to Him.*
- *REST is absolute faith in God, in His Word, in His promises, and in His unconditional love.*
- *REST is confidence in God, not doubting that He is fully able to work everything out for good in His time.*
- *REST is the inner state of divine peace that is not dependent on outer circumstances.*
- *REST is ceasing from “works of the flesh” and ceasing to depend on human strength and reasoning.*
- *REST is surrendering complete control of our life to the Holy Spirit.*

## **God's Place of Rest**

*There is a place called God's Rest where God wants all His children to continually live and enjoy His peace. But we must diligently strive to enter this place, because our restless, rebellious flesh will fight us all the way.*

### **Hebrews 4:2, 3a (NLT)**

For this Good News—that God has prepared a place of rest—has been announced to us just as it was to them. But it did them no good because they didn't believe what God told them. For only we who believe can enter his place of rest.

### **Hebrews 4:11 (TAB)**

Let us therefore be zealous and exert ourselves and strive diligently to enter into that rest of God—to know and experience it for ourselves—that no one may fall or perish by the same kind of unbelief and disobedience into which those in the wilderness fell.

### **Psalms 116:7 (NKJ)**

Return to your rest, O my soul, for the LORD has dealt bountifully with you.

*Is unbelief or disobedience keeping me from entering God's place of rest?*

## **Rest Tests**

*God allows troubles and tests into our lives to develop our faith in Him. They are multiple choice tests. Whenever troubles come our way, these are our choices:*

- *Panic, Fret, Worry*
- *Complain, Grumble, Blame others*
- *Try to think up human solutions*
- *Ask friends for advice*
- *PRAY, OBEY, REST IN GOD*

### **James 1:2-4 (NLT)**

Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.

### **Hebrews 3:18, 19 (NLT)**

To whom was God speaking when he vowed that they would never enter his place of rest? He was speaking to those who disobeyed him. So we see that they were not allowed to enter his rest because of their unbelief.

*What do I do when trouble comes?*

## **Rest in the Invisible and Impossible**

*Christianity is a relationship with the invisible Creator God who delights to do impossible miracles for His beloved human creation. The impossible and invisible become reality to us, when we believe and receive them from God by faith.*

### **Hebrews 11:1, 3 (TM)**

The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. By faith, we see the world called into existence by God's word, what we see created by what we don't see.

### **Romans 1:20 (NLT)**

From the time the world was created, people have seen the earth and sky and all that God made. They can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse whatsoever for not knowing God.

### **Matthew 19:26 (NLT)**

Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible.

*Am I missing miracles that God has for me, because of my lack of faith?*

## **Rest In God's Love**

*At the heart of Christianity is God's unconditional love for His created humans who all sinned by rejecting Him. But by believing in His Son Jesus Christ who died to pay for our sins, we can return to God and rest in His love as His children.*

### **John 3:16 (NIV)**

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### **Ephesians 1:4 (TM)**

Long before God laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love.

### **Romans 5:8 (NIV)**

But God demonstrated his own love for us in this: While we were still sinners, Christ died for us.

### **I John 3:1a (NIV)**

How great is the love the Father has lavished on us, that we should be called children of God!

*Do I live like a person who is loved by God?*

## **Rest In Christ's Redemption**

*With his shed blood, Jesus redeemed our spirit, soul and body from the devil. He offers full redemption to us as free gifts of His love and grace. Our part is to receive them as facts by faith and rest in them.*

### **I Peter 1:18a, 19a (NKJ)**

Knowing that you were not redeemed with corruptible things, like silver or gold,...but with the precious blood of Christ.

### **I Peter 2:24 (NIV)**

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wound you have been healed.

### **Ephesians 2:8, 9 (TM)**

Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish! We don't play the major role. If we did, we'd probably go around bragging that we'd done the whole thing.

### **Psalms 103:2, 3 (NIV)**

Praise the LORD, O my soul, and forget not all His benefits--who forgives all your sins and heals all your diseases.

*Do I believe that Jesus paid for my healing?*

## **Rest In God's Grace**

*Every good and perfect blessing comes to us as a free gift of God's grace. Gifts of God's grace can never be earned, never be deserved, and never be bought. They can only be humbly received by faith.*

### **Ephesians 2:8 (NIV)**

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.

### **James 1:17 (NIV)**

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

### **II Corinthians 9:8 (NIV)**

God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.

### **Hebrews 4:16 (NLT)**

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.

*Do I ever think I earned blessings from God?*

## **Rest in the Holy Spirit's Help**

*When we receive Jesus into our heart as Savior, God's Holy Spirit comes to live in us to help us. As we rely on him, he gives us divine love and power to live for God.*

### **Romans 5:5b (NIV)**

God has poured out his love into our hearts by the Holy Spirit.

### **Acts 1:8a (NLT)**

But when the Holy Spirit has come upon you, you will receive power and will tell people about me everywhere.

### **John 14:26 (NKJ)**

But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

### **II Peter 1:3 (NIV)**

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

### **Ephesians 3:16 (NLT)**

I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit.

*How much do I rely on the Holy Spirit's help?*

## **Rest In God's Kingdom**

*Believers enter the invisible kingdom of God when they are born again of God's Spirit. Those who walk in the Spirit in obedience to God can rest in divine peace and joy in their hearts--no matter how difficult their outward situations may be.*

### **John 3:5 (NLT)**

Jesus replied, "The truth is, no one can enter the Kingdom of God without being born of water and the Spirit."

### **Luke 17:20b-21 (NIV)**

Jesus replied, "The kingdom of God does not come with your careful observation, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is within you.

### **Romans 14:17 (NIV)**

For the kingdom of God is not a matter of eating or drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men.

### **I Corinthians 4:20 (NIV)**

For the kingdom of God is not a matter of talk but of power.

*Are the invisible qualities of God's Kingdom within me visible in my outward life?*

## **Rest In God's Strength**

*God never intended for us to serve Him with our own strength.*

### **I Peter 4:11a (NIV)**

If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ.

### **Phillipians 4:13 (NKJ)**

I can do all things through Christ who strengthens me.

### **Ephesians 3:20 (NLT)**

Now glory be to God! By his mighty power at work within us, he is able to accomplish infinitely more than we would ever dare to ask or hope.

### **Psalms 90:17 (NIV)**

May the favor of the Lord our God rest upon us; establish the work of our hands for us—yes, establish the work of our hands.

### **II Corinthians 12:9 (NKJ)**

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."

*By whose strength am I serving God?*

## **Our Restless Flesh**

*As believers, we have two natures living within us. One is restful, the other restless. The one we obey will dominate us.*

- *New holy nature born of God's Spirit is restful and peaceful.*
- *Old sinful nature (the flesh) is restless and hostile to God.*

### **Romans 8: 5-7 (NLT)**

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.

If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace. For the sinful nature is always hostile to God. It never did obey God's laws, and it never will!

### **Mark 14:38 (NKJ)**

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

### **Galatians 5:16 (NKJ)**

Walk in the Spirit, and you shall not fulfill the lust of the flesh.

*Which nature is dominating me today?*

## **Rest Securely on the Truth**

*The devil uses his supernatural powers to deceive minds in order to confuse, pervert, and destroy lives with his lies. Our only security is in knowing God's truth.*

### **John 8:44b (NLT)**

The Devil was a murderer from the beginning and has always hated the truth. There is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.

### **II Corinthians 11:3 (NIV)**

But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.

### **II Corinthians 10:5 (NIV)**

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

### **Phillipians 4:8b (TM)**

You'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst.

*Do I know enough truth to detect lies?*

## **Rest in Contentment**

*Thankfulness and joy are signs of a heart that is resting in God. Complaining and murmuring are signs of a heart that is ungrateful and upset with God.*

### **I Thessalonians 5:18 (NLT)**

No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.

### **Psalms 100: 4, 5 (NIV)**

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations.

### **I Timothy 6:6, 8 (NIV)**

But godliness with contentment is great gain. But if we have food and clothing, we will be content with that.

### **Philippians 4:12b, 13 (NIV)**

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

*Have I learned to be content in every situation?*

## **Rest In God's Presence**

*Believers must seek to live and rest in the safety of God's presence. Divine joy is found only in His presence.*

### **Psalm 95:2a (NKJ)**

Let us come before His presence with thanksgiving.

### **Psalm 91:1 (NIV)**

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

### **Psalm 31:20 (TAB)**

In the secret of Your presence You hide them from the plots of men; You keep them secretly in Your pavilion from the strife of tongues.

### **Psalm 140:13 (TAB)**

Surely the uncompromisingly righteous shall give thanks to Your name; the upright shall dwell in Your presence – before Your very face.

### **Psalm 16:11 (NLT)**

You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.

*Is God's presence my daily joy?*

## **Rest In God's Time and Way**

*God makes personal promises to us, but He seldom tells us how and when He will bring them to pass. He wants us to trust Him and rest in Him, and let Him surprise us in His own creative way. Never try to make things happen before God's perfect time by manipulating circumstances.*

### **Psalm 145:13b (NIV)**

The Lord is faithful to all his promises and loving toward all he has made.

### **Hebrews 10:35, 36 (NIV)**

So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he promised.

### **Psalm 57:2 (TAB)**

I will cry to God Most High, Who performs on my behalf and rewards me—Who brings to pass His purposes for me and surely completes them!

### **Isalah 30:18b (NKJ)**

For the LORD is a God of justice; blessed are all those who wait for Him.

*Am I trying to make God hurry up?*

## **Rest from Worrying and Fretting**

*Worrying and fretting are what we do when we try to think our way out of problems, and we stop resting in the Lord.*

### **Psalm 37:7a (TAB)**

Be still and rest in the Lord; wait for Him, and patiently stay yourself upon Him; fret not yourself.

### **I Peter 5:7 (TAB)**

Casting the whole of your care—all your anxieties, all your worries, all your concerns, once and for all—on Him; for He cares for you affectionately, and cares about you watchfully.

### **Psalm 138:8a (NKJ)**

The LORD will perfect that which concerns me; Your mercy, O LORD endures forever.

### **Matthew 6: 32b-34 (NLT)**

Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

*When has fretting ever helped me out before?*

## **Rest from Guilt and Condemnation**

*A guilty conscience is a restless torment within. God never condemns His children, but he convicts us of sin, so we can repent and return to rest in Him again.*

### **John 3:17 (NLT)**

God did not send his Son into the world to condemn it, but to save it.

### **I John 1: 9 (NIV)**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

### **Psalm 51:1, 2, 12 (NLT)**

Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sins. Restore to me again the joy of your salvation, and make me willing to obey you.

### **Isalah 30:15b (NKJ)**

In returning and rest you shall be saved; in quietness and confidence shall be your strength.

*Do I have any unconfessed sins in my life?*

## **Rest from Fear**

*Fear is of the devil. Jesus died for us to break the devil's power over us and gave us authority over him. In Christ we can rest in freedom from fear and the devil.*

### **I John 3:8b (NIV)**

The reason the Son of God appeared was to destroy the devil's work.

### **Hebrews 2:14b, 15 (NLT)**

Only by dying could Jesus break the power of the Devil, who had the power of death. Only in this way could he deliver those who have lived all their lives as slaves to the fear of dying.

### **Luke 10:19 (NIV)**

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

### **II Timothy 1:7 (NIV)**

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

### **Psalms 34:4 (NLT)**

I prayed to the LORD, and he answered me, freeing me from all my fears.

*Do I exercise my authority over the devil, or do I let him intimidate and push me around?*

## **Rest In God's Will**

*The world says our worth is in how busy we are doing important things. But our value to God comes only from doing His will. Sadly, many believers are exhausted from doing good works that God never asked them to do. Jesus first consulted with God and did only his Father's will.*

### **John 5:30 (NLT)**

But I do nothing without consulting the Father. I judge as I am told. And my judgment is absolutely just, because it is according to the will of God who sent me; it is not merely my own.

### **Romans 12:2 (NLT)**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

### **Matthew 11:28-30 (NKJ)**

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

*Did God tell me to do everything I'm doing?*

## **Rest In God's Protective Care**

*God never leaves us alone nor takes His eyes off of us even for a moment. His angels also stand guard over us.*

### **Psalm 91:9-12 (NLT)**

If you make the LORD your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your dwelling. For he orders his angels to protect you wherever you go. They will hold you with their hands to keep you from striking your foot on a stone.

### **I Peter 5:7 (TM)**

Live carefree before God; he is most careful with you.

### **Matthew 6:30 (NLT)**

If God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith!

### **Isalah 46:4 (NIV)**

Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

*How often do I take time to thank God for His loving care over me?*

## **Rest In God's Promise of Heaven**

*God promised believers an eternal home in heaven. He sent His Holy Spirit to live in us now, as a guarantee of that promise.*

### **Ephesians 1:13b, 14a (NLT)**

When you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us everything he promised and that he has purchased us to be his own people.

### **John 14:2a (NLT)**

There are many rooms in my Father's home, and I am going to prepare a place for you.

### **Psalms 23:4a (NIV)**

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.

### **I John 5:11-13 (NLT)**

And this is what God has testified: He has given us eternal life, and this life is in his Son. So whoever has God's Son has life; whoever does not have his Son does not have life. I write this to you who believe in the Son of God, so that you may *know* you have eternal life.

*Do I know that I have eternal life in heaven?*

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Patsy Oda is a Christian teacher, writer and speaker. She became a Christian when she was 8 years old and was raised in a Buddhist home. In her autobiography *Heart's Desire*, she shares how she met God and her husband. She has also written several booklets, including "Growing Through Prayer" and "Flying with God".

### ***About the Artist***

Norma Bonds is the president, founder, and host of the worldwide radio ministry of *A Woman's Special Touch*. She is a gifted Christian speaker, writer and artist. Her books *The Shepherd and the Sheep* and *A Fast Trip From Genesis to Revelation* are filled with her paintings. She also illustrated each chapter in Patsy Oda's book *Christianity Pure and Simple*.