

The Doctrine of Faith-Rest

1. Faith-rest is when the believer in the Lord Jesus Christ remembers and claims the Biblical promises, principles, and doctrines found in the Word of God to his/her circumstances in life.

Faith Rest is trusting in the Lord for whatever situation or circumstance you find yourself in and thinking God's viewpoint on the matter. This gives the believer mental or soul rest and keeps them from worry, fear, frustration, depression and hopelessness.

2. How does one enter into Faith Rest? By belief in the written Word of God.

In Hebrews 4:1-3 we note several principles:

4:1 – We are to fear not entering into a state of God's rest which is spiritual maturity.

4:2 – We are recipients of God's marvelous grace through the Gospel of Jesus Christ and since we trusted in Christ by faith alone for our eternal salvation, we are also to trust in the written Word for our daily peace and stability.

The wilderness generation of Israel (Psalm 95:8-11) were believers but they would not trust the Lord for their daily provisions, their leadership in Moses, nor the divine plan God had for them (Hebrews 3:7-12). Therefore, their rebellion to forty years wandering in the desert until that negative generation died the sin unto death.

4:3 – Because of the wilderness generation's failure to believe God's promises of a new land they were not allowed to enter it. They failed the faith rest life and became failures in life.

3. Faith-rest was the system for spirituality in the Old Testament among believers — Habakkuk 2:4; Romans 4:17-21; Hebrews 11. The Old Testament believers did not have the permanent indwelling of the Holy Spirit.

The indwelling ministry of God the Holy Spirit is the basis for spirituality in the Church Age family (1 Corinthians 6:19-20) but this did not occur in Old Testament times and therefore there is a contrast.

4. What does the faith rest life do for the believer?

Faith-rest produces in the believer both a relaxed mental attitude and freedom from mental attitude sins — Isaiah 26:3,4 .

5. Faith Rest is described in numerous passages.

For example, faith-rest is absolutely necessary for dynamics in prayer — Matthew 21:22; Mark 11:24.

Everyone will face in their lifetime fear, fear of adversity, of danger, of death. There are many types of fear but faith-rest overcomes all of them — Psalm 56:3.

Faith Rest overcomes worry - 1 Peter 5:7.

Faith Rest benefits others - Matthew 8:13, the centurion who came to Jesus asking Him to heal his son.

6. Faith-rest is related to spiritual maturity and occupation with the person of Christ — Psalm 37:4,5. The desires of the heart are based upon reaching spiritual maturity where you gain blessings and

capacity for life, love, and adversity. ual realm, but you will also have desires compatible with your station.

7. Faith-rest is the way the Church Age believer is to live his life. (1 Corinthians 2:5; 2 Corinthians 5:7).

8. Faith-rest is related to the learning and application of the Word of God to our lives. Colossians 2:6,7.

9. Faith-rest is related to the victory of the angelic conflict — 1 John 5:4, “ ... this is the victory that overcomes the world, even our faith.” This is the faith-rest technique related to Bible doctrine that is stored in our souls.