

Rest

Rest is simply defined as the absence of care, anxiety, fear, worry, stress because of trust in the Lord and His finished work. It is being at peace and tranquility as a result of trust.

Cares will come our way, but we must make a decision **not to carry them**. We need to **cast them upon the Lord**. Casting our care upon the Lord is a sign of rest. The greatest level of faith is rest. If we aren't at rest, we aren't operating one of the highest levels of faith.

Rest is not inactivity, but rather doing what you have to do (seeking and trusting the Lord), and not worrying about it because you are totally trusting in the Lord and His finished work. You are at peace, depending on the Lord and not being moved by what you see, taste, smell, feel, or hear.

Text:

1 Peter 5:7 "Casting all your care upon him; for he careth for you."

The word of God is very specific in its instruction of us casting our cares upon the Lord.

A. "Casting all your care upon Him"

a) "Casting" -in Greek means to "*throw upon*"

- i) Some people think to cast is to give it over. But we learn that it means literally throwing it with all our might not even looking where it lands.
- ii) After we throw it, we should not be going around looking for it. We must throw it with no desire to go look for it. We should throw it like we never want to see it again even if we tried to look for it.

iii) Notice that the Lord does not take your cares away. Not someone's care, but your care. You can't cast someone else's care upon the Lord. You have to cast your own upon Him. That's where your **faith** comes in. It takes faith to cast your cares upon the Lord. It also takes tremendous **humility** to do the same.

iv) God wants us to cast all our cares upon Him because He can handle it and we can't. Jesus bore all our griefs and sorrows (Isaiah 53:4), why should we carry the load He already carried for us. Give it all up to Jesus.

b) "all". This word means "all, any, every, the whole." Not some of it, not only what is beyond our ability to handle. All care.

B. "**Care**" in Greek is the word *Solicitude* which means "excessive concern or worry."

a) We would not worry if only we cast it to the Lord.

b) Things will speak to us both Natural and artificial but anything that speaks or gives us a thought contrary to the Word of God, you have to speak back to it or rebuke it.

i) Never sit there and let all these thoughts, doubts and fears drown and overwhelm you. Shoot back, speak back, rebuke.

C. "**for he careth for you**".

a) Careth -Greek: "*melo*" which means "to be of interest to, to concern"

b) We were not designed to "care" but rather to rest. We need to stop caring!

I will not let anything bother me to the point where it causes me to care, be anxious and lose my peace.

c) Philippians 4:6 "Be careful for nothing"—Do not care. You won't go to jail not lose a thing for not caring. Do not be anxious.

- i) Worry is a negative form of meditation. Just as you meditate and cause something positive to manifest, when you meditate on worry, you will make that thing come to pass.
 - ii) Your God-given authority will bring forth both negative and positive results. This is also true with our imagination and meditation.
 - iii) We can give birth to things that we meditate upon—positive or negative.
- d) The greatest manifestation of faith is by rest.

Indications of rest:

- i) Peace
- ii) Love of God
- iii) Confidence
- iv) Joy
- v) Worry-free
- vi) Stresslessness

Crucial points about rest.

1. Finished work

- a) We need to realize that every single thing we will ever need in this life has been provided for. Like in creation, the man was created last after God had created everything he could ever need.
- b) With God, His provision always precedes the need. God anticipated all the needs of mankind provided for it all in FULL and in EXCESS.
- c) Because of that, we should rather rest, instead of trying to do what God has already done. It is a finished work.
- d) God showed us how to do it. He rested because He was done. Not because He was tired. We need to rest because things are finished. It is done!
- e) John 17:4 "I have glorified thee on the earth: I have finished the work which thou

gavest me to do.”

f) John 19:30 “When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.”

i) Once something is finished. There is nothing to add to it. It is simply DONE. At Calvary, Jesus took care of each and every single need of the believer. He is not taking care of those things now.

ii) Jesus met our need before we ever had one.

A. Everything comes by resting and everything is a finished work.

- a) Salvation
- b) Healing
- c) Provision
- d) Prosperity

All our self-effort, performance, good works are labors that will not get us into right standing with God.

It is time to stop working and start resting in the finished work of the Cross.

B. Hebrews 4:1-3 “Let us therefore fear, lest, a promise being left *us* of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard *it*. For we which have **believed do enter into rest**, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.” (Emphasis mine)

a) Once we believe that something is finished, our attitude will be totally different. We rest when we know that it is done.

b) It is only those that believe that enter into God's rest. Believe that forgiveness is a finished work, healing is a finished work, deliverance, and everything then you will rest.

c) We can rest while we work and while we do, while in faith, confidence, and peace in God's finished work.

d) **Rest is the evidence of believing or faith.**

C. Deuteronomy 6:10-11 "And it shall be, when the LORD thy God shall have brought thee into the land which he swore unto thy fathers, to Abraham, to Isaac, and to Jacob, to give thee great and goodly cities, which thou buildedst not, And houses full of all good *things*, which thou filledst not, and wells digged, which thou diggedst not, vineyards and olive trees, which thou plantedst not; when thou shalt have eaten and be full;"

a) We can't take credit for what we received by resting. God worked; all we did was rest.

b) God did it without our labor

c) We get things from God without laboring, but the labor to rest.

2. Trust

Our rest is a result of us trusting God.

Jeremiah 17:7-8 "Blessed *is* the man that trusteth in the LORD, and whose hope the LORD is. For he shall be as a tree planted by the waters, and *that* spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit."

a) Trusting in the Lord—not-self is key to our fruitfulness and rest.

b) If we are careful, it comes down to not trusting the Lord. We can get to a place where we are not worried, stressed or anxious in any season, including drought

3. Confidence

a) Hebrews 10:35 "Cast not away therefore your confidence, which hath great recompence of reward."

- i) **If we do not have confidence in Jesus, in the Word of God, and His finished work of Jesus we will not rest.** If we are confident in the Lord, we will rest. We will not worry, stress out, fear and so forth.
 - ii) One of the reasons we do not rest is because we have no confidence in the Lord.
 - iii) Do not cast away your confidence. How? Through patience (endurance and consistency)
 - iv) Confidence has a compensation, results, and manifestation.
 - Confidence is key for us to be recompensed.
- b) Hebrews 3:14 “For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end;”
 - c) 1 John 3:21 “Beloved, if our heart condemn us not, *then* have we confidence toward God.”
 - d) 1 John 5:14 “And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:”

4. Love

- a) Romans 8:31 “What shall we then say to these things? If God *be* for us, who *can be* against us?”
 - i) Knowing how much God loves you will cause you to rest. Not knowing God’s love for us, we end up with worry, stress, care, anxious—missing out on rest.
 - ii) When we lack the revelation of God’s love for us, we won’t rest.
- b) Galatians 5:6 “For in Jesus Christ neither circumcision availeth any thing, nor uncircumcision; but faith which worketh by love.”

- i) Faith works by believing and knowing how much God loves us. Not just that God loves us, but how much he loves us.
- God loves me so much that He will show Himself strong on my behalf.
 - Knowing how much God loves us will cause us to trust and believe Him.
 - We can't trust someone we do not know or believe loves us.
 - The word "worketh" used here is translated from the Greek word "Energeo" which means "*to be active, efficient*" (strong's Concordance)
 - Knowing and believing how much God loves us causes faith to be energized, to be active and efficient.
- ii) Do you believe God loves you? If you do, then you will rest.
- c) 1 John 4:18-19 "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him, because he first loved us.
- i) If we are in fear, we can't walk in love and we won't rest as a result.
- ii) The Lord loved us before we ever did. While we were still lost and sinners, He was loving us. While we were busy sinning, He was loving us. This should cause us to rest. We should not be careful, anxious, fearful or peaceless—because we know He loved us first—unconditionally.

5. Unbelief

- a) Hebrews 4:6 "Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief:"
- i) Lack of believing will cause us not to rest. You won't get what you do not believe.

- You can't profit from what you don't believe. You can't have what you don't believe.
 - ii) Believe God is your healer, deliverer, and provider and you will rest.
 - iii) Unbelief will hinder you from entering into the finished work of Christ (rest)—not believing that He has already taken care of it.
- b) Hebrews 4:1-3 “Let us therefore fear, lest, a promise being left *us* of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard *it*. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.”

6. Labor to rest

Hebrews 4:11 “Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.”

- a) The true evidence of belief or faith is rest. If you truly believe something you are wanting will occur or has occurred, there ought to be REST.
- b) Stress and fear are indications of not resting. **When you rest, you experience the best.**
- c) Labor to rest. Labor to rest, not to be anything else such as being rich or healed.
- d) Labor is speaking differently when all things around you are going south.
- e) **Labor to be at peace, at rest, and at confidence.**

We must continue to do works of faith to stay in the place of rest, peace, and confidence.

Examples on how to labor entering the rest:

- a) Speaking faith and the word
 - i) I'm healed.

- ii) All is well
- iii) The Lord is my provider etc.

- b) Thanksgiving and praise
- c) Speaking in tongues
- d) Meditating on the Word—not worry.
- e) Walk in God's love
- f) Renewing our minds to God's Word.

- Again, our labor is not to be saved, healed, delivered, prospered and so forth. All these things have been accomplished. They're all a finished work.
- Our labor is to enter into rest—stay in peace, confidence—not worry, not anxiety, careful for nothing, and not stressed.

7. Sit down

a) John 6:10 “And Jesus said, **Make the men sit down.** Now there was much grass in the place. So the men sat down, in number about five thousand.”

i) Before we see the manifestation, we need to rest. We need to sit down. Rest!

- Manifestation comes through when we quit laboring and we sit down (rest).

ii) **Resting precedes the manifestation of whatever you are believing for.**

iii) Keeping your mind stayed on the Lord is key to resting. Jeremiah 26:3

b) Be STILL and KNOW

Psalm 46:10 “Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth.”

i) As we are still, we will know. We need to **be still to know** in the same way we need to **rest to manifest.**

8. Seventh-day—Sabbath

- a) Genesis 2:3 “And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.”
- b) Exo 20:8-11 “Remember the sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: But the seventh day *is* the sabbath of the LORD thy God: *in* it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: For *in* six days the LORD made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.”
- c) Colossians 2:16-17 “Let no man therefore judge you in meat, or in drink, or in respect of a holy day, or of the new moon, or of the sabbath *days*: Which are a shadow of things to come; but the body *is* of Christ.
 - i) Jesus did most miracles on a “Sabbath”—not a day, but a rest. True, Sabbath *is* not a day but rather a rest. A place or time where we cease from all our works.
 - ii) You can’t rest and work at the same time.
 - iii) Christ *is* the One casting or producing the shadow called the Sabbath. The Sabbath day was a shadow of Jesus Christ. It was never about the day, but rather a person—Jesus.
 - iv) Rest in Jesus. He *is* your Sabbath. It not about Saturday.
 - v) Under the New Covenant, you start from resting in the finished work of Christ and then we work. In the Old Covenant, they worked and then they rested.

9. Take no thought

- a) Matthew 6:25-32 “Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? “Behold the fowls of the air: for

they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, *shall he* not much more *clothe* you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.”

- i) Take no thought. Thoughts have to be taken. This is saying, do not worry.
- ii) Lilies and birds are not stressed out. We need to rest like them. They don't worry.

10. He giveth his beloved sleep

- a) Psalm 127:1-2 “Except the LORD build the house, they labor in vain that build it: except the LORD keep the city, the watchman waketh *but* in vain. *It is* vain for you to rise up early, to sit up late, to eat the bread of sorrows: *for* so he giveth his beloved sleep.”
 - i) Notice these two verses are speaking about both laboring in self-effort and sleep (Rest).
 - ii) God will give you answers and show you stuff while you sleep (rest).

11. I will give you rest

- a) Matthew 11:28-30 “Come unto me, all *ye* that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke *is* easy, and my burden is light.”
 - i) The Lord wants to give us rest from our labor. Rest is God's will for our lives.

- ii) There is hope for those who laboring and heavy laden.
- iii) When we come, to the Lord, we commit all our heavy laden and care unto Him and the result is rest.

12. Asleep on a pillow

- a) Mark 4:35-39 “And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.
 - i) You have to come from a place of rest to rebuke the storm, wind, and speak peace to the sea.
 - ii) When Jesus is in your boat, there is no cause to worry. Jesus is in the boat. You will not drown, therefore rest.
 - iii) If Jesus is resting in the midst of the storm, so should we. He knew of the existence of the storm but was not worried nor stressed about it.

Practical ways to walk in rest or to labor to enter into the rest.

- a) Locate and find the scripture that addresses, fits or deals with your situation.

That scripture is your equipment and tool you are going to use to labor to enter into rest. This is the Word of the Lord. What does it have to say in your situation and the report of the doctor?

- i) Isaiah 26:3
- ii) Keep your mind on the Word of God and His Word, not the word of the doctor.
- iii) Peace will flow from you keeping your mind on the Word of God and the promises of God.

b) Change your thinking to align with God's Word.

- i) Romans 12:1-2
- ii) Traditional ways of thinking and
- iii) Don't allow your thinking to change the Word but let the Word change your thinking.

c) Meditate on the Word or promises.

- i) Joshua 1:8

d) Speak in line with the Word you believe and are meditating on.

- i) Romans 4:17
- ii) Let what you say, agree with what you believe.
- iii) Call things as you believe it, not as you see it.

e) Thanksgiving and praise.

You can't be truly praising God and thanking God while you are worrying, full of care.

f) Praying in tongues

- i) Isaiah 28:12
- ii) Jude 20. Build yourself up in your most holy faith.
- iii) Forget the clock.
- iv) Pray until you give birth or until you break through and get into that rest. It may take you 5 minutes or 30 minutes.

Working or laboring to rest is not a part of the finished work. It is the only work we are called to do. Labor to rest!