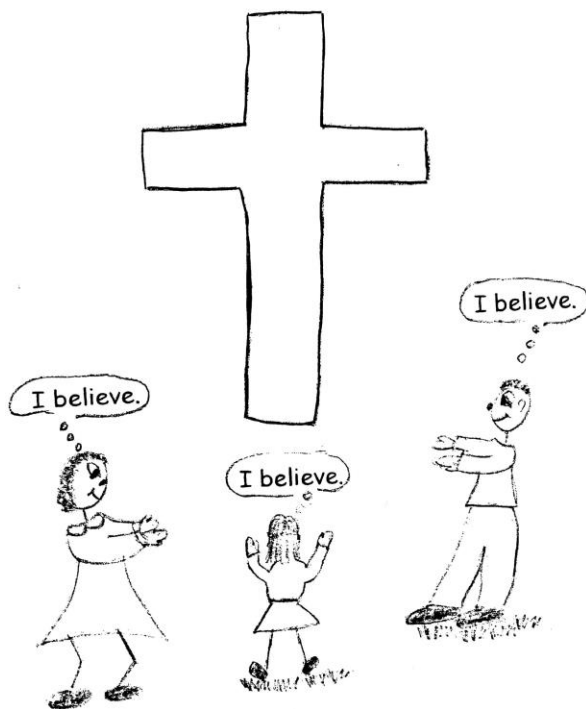


# Faith-Rest

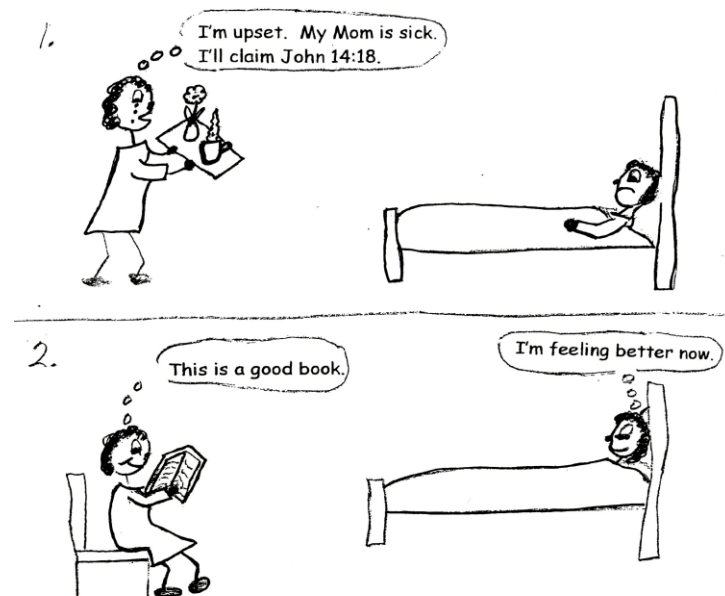
## Resting in God's Promises

Revised 7-6-2018

Faith-rest is a way of thinking - a way of resting in God's promises. Everyday, sometimes every minute, we have things happen that can give us great unrest. God does not want us to live in unrest, but in faith-rest. So, He gave us many, many, many promises in the Bible, both in the Old and New Testaments. When we see ourselves getting worried, fearful, guilty, anxious, the list could go on and on, we can use one of God's promises. Maybe we'll need to use more than one! Through the power of the Holy Spirit, the promise will help our minds rest! God wants us to use His promises.



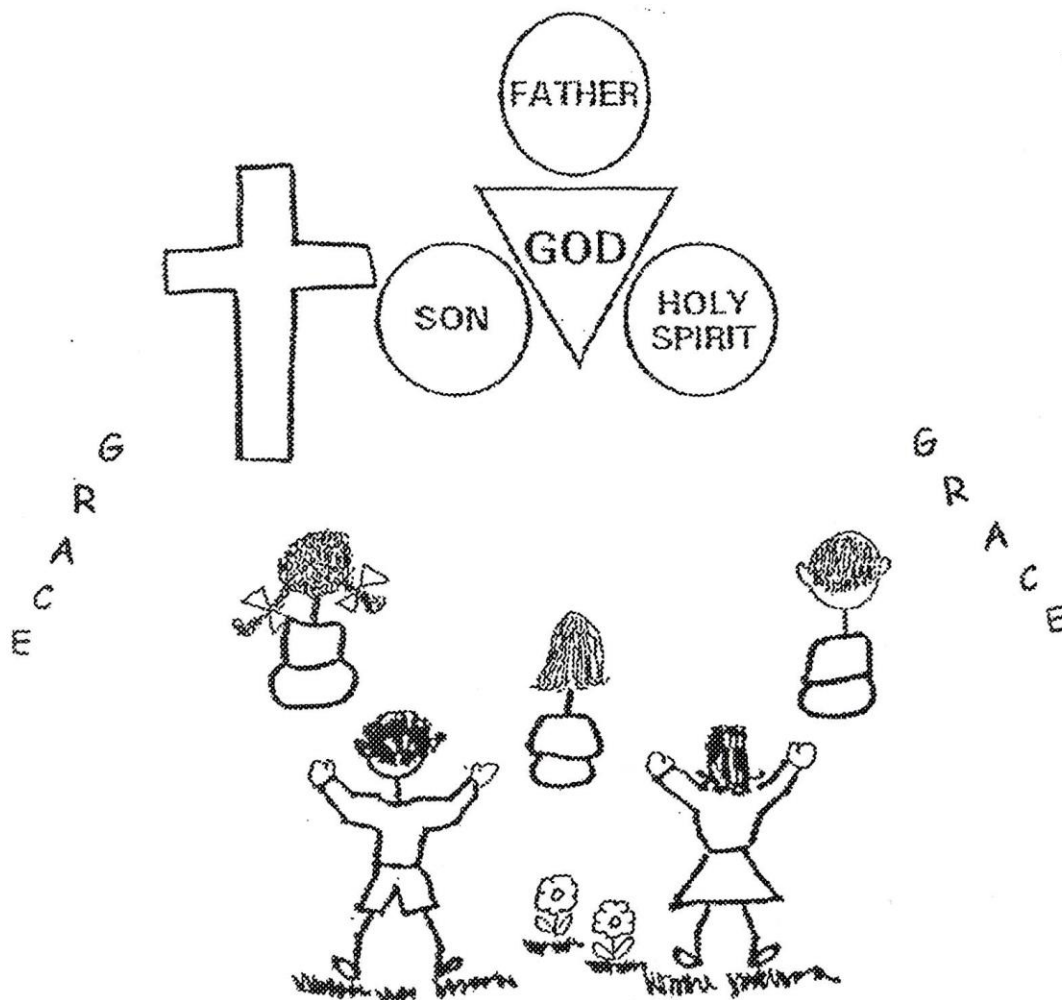
"Believe in the Lord Jesus Christ, and you will be saved." Acts 16:31



"I will not leave you comfortless; I will come to you." John 14:18

**John 16:33** These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage [have confidence]; I have overcome the world.

Let's look at the word **FAITH** in faith-rest. Here it means that we can have faith in God. One of God's attributes is **Veracity**, which means that God is truth. He is **ALWAYS TRUTHFUL**. We can believe His word. God never lies to us. So, we can believe His promises in the Bible; we can trust that He will do what He promises! **WE CAN HAVE FAITH IN GOD AND HIS PROMISES!**



**Romans 8:31** What then shall we say to this? If God is for us, who is against us?

Besides having **veracity**, God has nine other characteristics in His divine nature that are reasons why we can believe what He promises.

**Sovereignty:** This means that God has supreme authority and rule over all He creates. He wants the best for all He creates!

**Righteousness:** God is absolute good.

**Justice:** It is impossible for God to be unfair or make a wrong decision.

**Love:** God's attitude of esteem and regard toward Himself and His concern, mercy, and kindness toward His created beings.

**Eternal:** There never was a time when God did not live. There will never be a time when He stops living. Nothing caused God to come into existence.

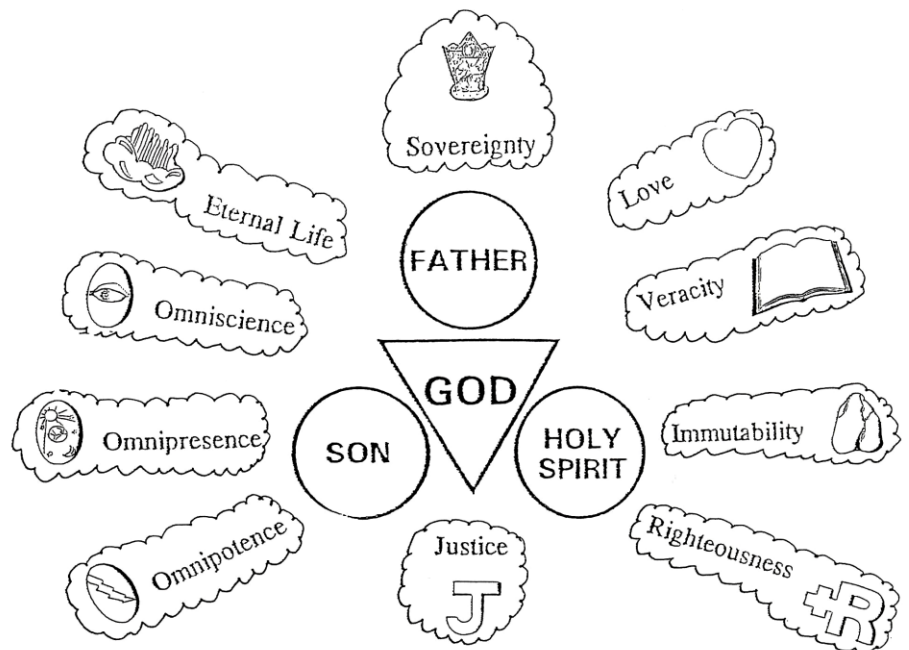
**Omnipresence:** God is "everywhere present". He is an eyewitness to every activity of our lives. He is available to help us immediately!

**Omniscience:** God has complete knowledge of all things.

**Omnipotence:** God is all -powerful or almighty.

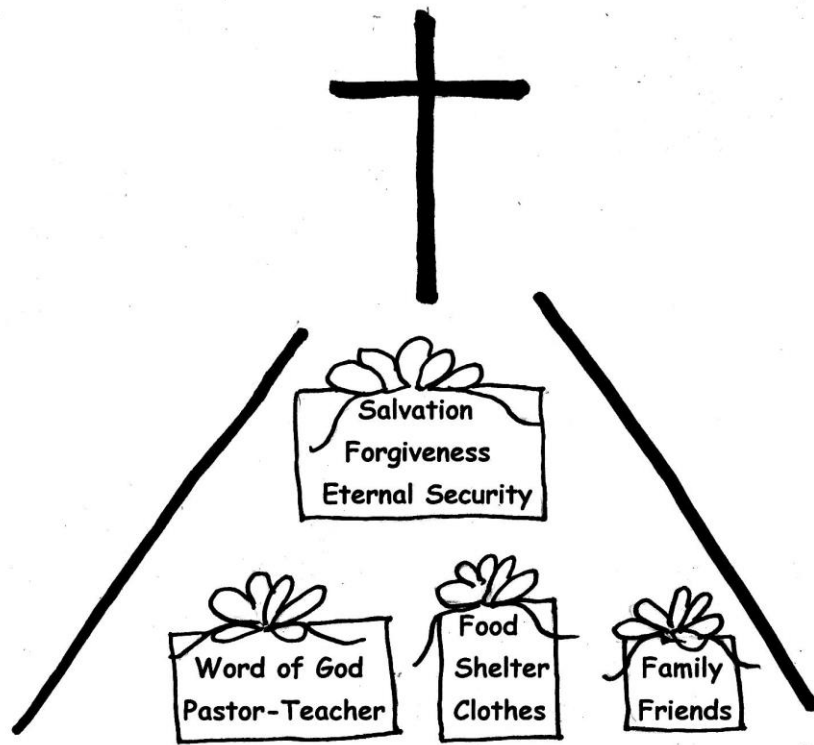
**Immutability:** God cannot change. He doesn't need to change since everything about Him is perfect.

**Psalm 47:2 How awesome is the Lord Most High, the great King over all the earth!**



**James 1:17 Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.**

God also gives us logistical grace. This is what God gives us so that we can grow in His grace and get to know Him. He wants us to know about Him! Anything we need for living and learning about God, God will give us! We have to have food, shelter, and clothing. We need a pastor-teacher, a Bible study teacher for young children, a Bible, and a place to learn. When we are worried about ourselves or our parents, we need to think about the way God supplies all of our needs. God has it all under control! He gives us grace gifts! We don't earn them or deserve them. God just gives them to us.

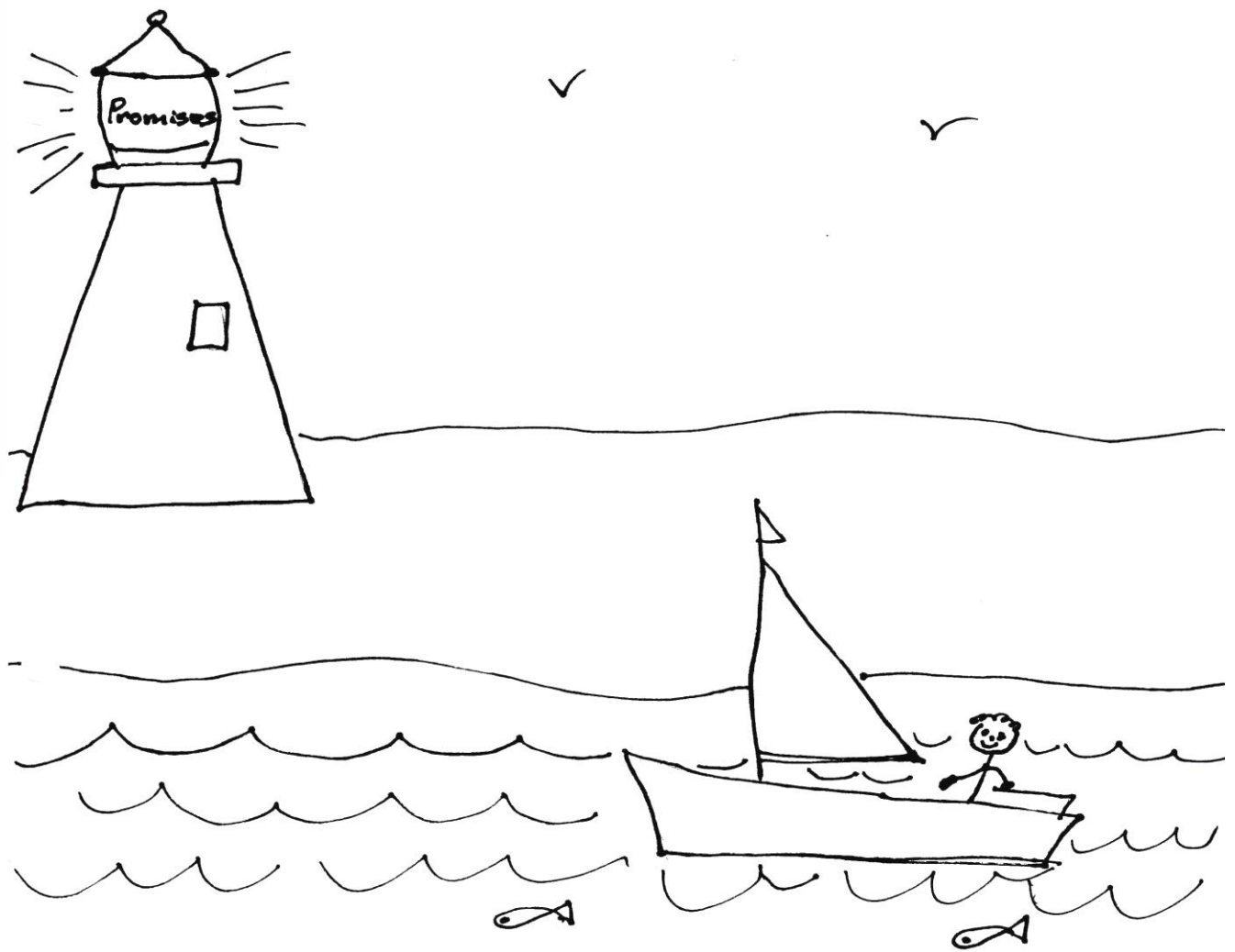


**Philippians 4:19-20** And my God will supply all your needs according to His riches in glory in Christ Jesus. Now to our God and Father be the glory forever and ever. Amen



We can also know the fact that God has a special plan for each one of us. We are to use the word of God, divine viewpoint, and the power of God the Holy Spirit to follow the plan. As long as we are on this earth, He has a purpose or plan for our lives. In order to accomplish that purpose, God will give us what we need. It may not be what **we** think we need. However, God knows best. Remember, He is omniscient!

**Jeremiah 29:11** For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.



Through the power of God the Holy Spirit we can have **faith** in God and use His promises. We can come to the conclusion that God is for us. God is in control of our troubling situations as well as our peaceful situations! He wants His best for us. We can **rest**, or relax. We can **faith-rest**! Through the power of the Holy Spirit, we need to keep practicing this kind of **rest**. The more we do it, the easier it will become, and the more we will **faith-rest**!

**Psalm 56:3** When I am afraid, I will put my trust in You.

**Psalm 37:7** Rest in the Lord and wait patiently for Him.