



BRAAM FAMILY

HOW DO YOU REST IN GOD?



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For every believer, REST was never intended to be a slogan but something that we experience continually. That implies that rest is not only a destination that we hope to reach one day, but it's also a lifestyle - that is God's plan and desire for us. We don't rest in God because we are tired, but we rest in Him to avoid exhaustion.

A vital element of rest comes from acknowledging who God is. Thus in order to start resting in God, you need to know who He is; He is the KING OF KINGS reigning above any authority. So whenever the earthly authorities may want to frustrate you, your rest will come from knowing that you have the King of kings on your side.

He is also the MASTER OF TIME AND CIRCUMSTANCES. Therefore even though time might be going past us, and circumstances might be overwhelming, that shouldn't trouble us because we acknowledge His mastery and control. "Little children, you can be certain that you belong to God and have conquered them, for the One who is living in you is far greater than the one who is in the world".

1 John 4:4 TPT.

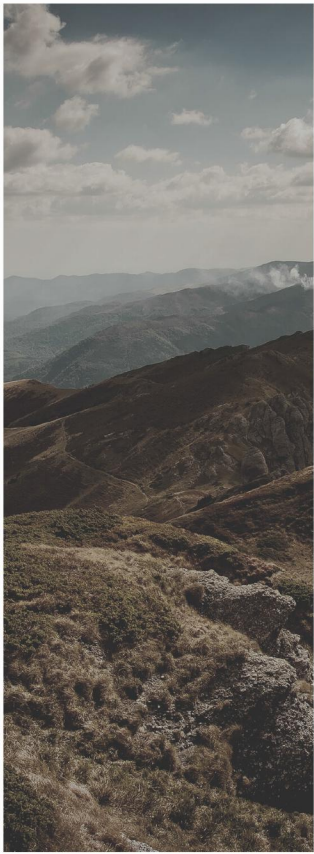
This simply means that we don't get swallowed up by our surrounding, but we overcome the world and its system. Our sense of peace and rest comes from our confidence in Him.

There is rest that comes from knowing that the one who is the King of kings, reigning in power and has control over everything is FOR you and NOT AGAINST you.

Romans 8:31-32 says "What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"

You don't have to face life and its struggles alone, but with Him on your side.

Because He is for you, everything that is against you becomes His enemy.



This introduces the idea that rest is the CO-LABOUR between us and Him.

We work together with Him and involve Him not when things get dark but from the beginning. "Before you do anything, put your trust totally in God and not in yourself. Then every plan you make will succeed", and that's in Proverbs 16:3 TPT. Choosing to work with God is a sign of trust, and trusting Him is the foundation of rest and a guarantee for success.

Not only do you work together with Him, but He's the one that gives you the strength.

Despite the physical input, that strength comes from Him - that's where the rest is. There is always that temptation to trust in your abilities because that is what the world preaches. But the bible says: I can do ALL things through Christ who strengthens me (see Philippians 4:13). So your ability to do all things relies on the one the strengthens you. Can you image how much rest this knowledge brings? You can boldly rest because you know your strength and ability to succeed come from God.

The Psalmist says it so nicely in Psalms 127:1-2 TPT, "If God's grace doesn't help the builders, they will labour in vain to build a house. If God's mercy doesn't protect the city, all the sentries will circle it in vain. It really is senseless to work so hard from early morning till late at night, toiling to make a living for fear of not having enough. God can provide for his lovers even while they sleep!".

It is wise to always invite God in all that you do because everything you do without Him is work done in vain. The act of excluding God from your life is denying the rest that He gives. The above scripture reveals that if you want to rest, you need to include God in everything.

When you choose to rest in Him, it doesn't make you lazy but more efficient. The lifestyle of rest will always yield results, so rest is the atmosphere of productivity. When you are in God's rest, you get to do what is humanly possible and leave the impossible to Him. Resting in God is an act of faith, knowing that He will take care of you and your every need. That's why Paul could say "And my God shall supply all your need according to His riches in glory by Christ Jesus" Philippians 4:19 NKJV. The supplies of God over your life is not limited to one domain, therefore we can trust Him entirely. His grace makes it happen for you.

When you have chosen to trust Him and live in His rest, He becomes your backbone. So whenever you are faced with uncertainty, and it seems like you're failing, you can always turn back to Him with the assurance that He will rescue you. That is why disciples turned to Jesus in the middle of the storm and say "don't you care that we drown?" You can turn to Him for guidance, wisdom and anything else that you need because you laid it all on Him.

Peace is a result of resting in God; you don't get to fight the battle but you get to watch God win them for you. That's why Moses could tell the people of Israel (in Exodus 14:13) " But Moses told the people, "Don't be afraid. Just stand still and watch the LORD rescue you today. The Egyptians you see today will never be seen again." You can stand still (rest) and watch the Lord rescue you. So stop trying to make things happen by yourself and chose the rest that God is offering.