

Module : Soul Prosperity**Session 2** : Rest for the Soul**Focus** : Understanding Rest & Principles to Access ItWord to the World
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Every expression of prosperity and good health are conditional upon the prosperity of the soul (3 John 2). The soul is purified through obedience to the Word (1 Peter 1:22), and renewed daily to know and to do God's good, perfect and acceptable will (Rom. 12:1-3). **Total life prosperity therefore is a specific expression of one of the benefits associated with walking in truth (i.e. obedience).**

For the son of God, all forms of prosperity are reflective of the prosperity of the soul. The soul lives as the Word of Life from the spirit fills it. The soul is purified through obedience to the Word. Obedience to God and His Word is key.

Loving, speaking, meditating on and obeying the Word of God that you hear is key to a prosperous and successful life. Doing these things is largely a reflection of the degree to which you have permitted the Word received within your spirit to then influence the soul. **The soul prospers when it is marinated in the Word of God.** In our previous session, we isolated various indicators of a prosperous soul – I encourage you to rehearse these before proceeding.

The soul must prosper, for every other expression of prosperity is dependent on this. Part of the prosperity of the soul is for the soul to come back to the **position of REST and PEACE**. IN our previous session, we examined PEACE as a critically important element and expression of total PROSPERITY. If REST and PEACE do not characterise the soul, it will not prosper, and thus hinder total life prosperity. In this session we give attention to this issue.

FIND 'REST' FOR THE SOUL THROUGH OBEDIENCE

At the original sin, the eyes of the soul were opened and the soul became the dominant agency governing the attitudes and acts of man, independent of any kind of Divine influence from the Holy Spirit via the human spirit. Instead of being led by the spirit, the soul rebelled against this God-determined pattern. It was designed to blindly follow the leading of God in the spirit in man. In departing from this design, the soul went into '**unrest**', knowing no divine peace and serenity, for it started to function out of its predetermined place. The soul must now **RETURN** to its former position of being led by the spirit.

Psalm 116:7a **Return** to your **REST**, O my soul.

REST = Monoach = quiet, a settled spot (concretely), a home (figuratively).

An Aside: The figurative application of the Hebrew, 'monoach', translated 'rest' is '**home**'.

Home denotes the **idea of family**. The church is the family of God built on the principle of fathers and sons. This environment should be one of absolute rest, repose and peace, free from tension, strife, anger, bitterness, resentment, faction, sectarianism, schism, suspicion, betrayal,

hatred, lies, unforgiveness, fighting, competition, etc. In the natural, after a long day at work, you yearn just to be 'home' to 'unwind', to 'de-stress', to 'rest', to enter your 'haven', etc. In all its applications, 'home' should be a place of 'REST'. Make your church environment and your natural home environment a place of quiet, peace and repose. Here you get replenished, reinvigorated, reoriented, revived, refocused for the next 'day'.

JESUS' CALL FOR OUR SOULS TO REST

Matt 11:28-30

- 28 "Come to Me, all who are weary and heavy-laden, and I will **give you rest**.
 29 Take My yoke upon you and learn from Me, for I am **gentle and humble in heart**, and you will **find rest for your souls**.
 30 For My yoke is easy and My burden is light

Only CHRIST can give our souls rest that issues forth from both His Person and His Principles. There is a REST that you **RECEIVE** because it is **GIVEN**; there is a REST that is **ACCESSED** because it is **FOUND**. The **PERSON** of Christ **GIVES** you rest; the **PRINCIPLES** of Christ permit you to **FIND** rest. To receive rest you must simply **COME** to Christ (verse 28); To find rest, you must take His burden on you and **LEARN** of Him (verse 29). Rest that is **given is for the spirit**; Rest that is **found is for the soul**. The rest for the spirit that is given occurs at the **initial salvation experience**. The rest for the soul that is found is **progressive, as you learn** of Christ through obedience to the **principles in His Word**.

Matt 11:28 REST	Matt 11:29 REST
Receiving REST	Finding Rest
Requirement: "COME to ME"	Requirement: "LEARN of ME"
Who Gives it: The Person of Christ	What Causes it: The Principles of Christ
"I will GIVE you Rest"	"You will FIND" Rest
Rest for the spirit	Rest for the soul
Initial Salvation	Progressive Salvation

Learning the principles of Christ brings rest to the soul. The principles of Christ are accessed through obedience to the Word of God. Consistent obedience sustains progressive salvation, leading the soul into a greater discovery of divine REST.

Matt 11:28,29 : AMP

- 28 Come to Me, all you who labour and are heavy-laden and overburdened, and I will cause you to rest. [**I will ease and relieve and refresh your souls**]
 29 Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (**relief and ease and refreshment and recreation and blessed quiet**) for your souls.

Matt 11:28,29: MESSAGE

- 28 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.
 29 **Walk** with me and **work** with me – **watch** how I do it. **Learn the unforced rhythms of grace**. I won't lay anything heavy or ill-fitting on you.

UNDERSTANDING REST

THE SEVENTH DAY SABBATH REST

After the six-day creation account, God entered into REST on the seventh day. The creation account culminates in a position of REST, which by entering into it Himself, God was demonstrating the absolute importance of it. This was His perpetual Sabbath into which He entered and has never left. His desire is for all of His sons to enter this state and then to function in life from this position.

Heb. 4:9,10 So then, **there remains** a Sabbath rest for the people of God, for whoever has entered God's rest has also **rested from his works** as God did from his

In six epochs of time - days - God installed into creation certain principles that regulate the effective functioning of all its dynamics. God set rules or principles that would regulate and sustain creation without His active involvement. This is not to say that He is aloof from what He has created. On the contrary, He is very much involved in it. He is and always will be intricately part of what He has created ensuring its perpetuity and sustainability. How does God do this if He has relegated Himself to a position called REST? This is done simply through the establishment of a fixed **divine order** of functioning through **accessing certain principles, which when observed and activated would ensure everything would function according to His design and also bear the intended outcome or purpose for which it was created.**

Jeremiah 31:35

- 35 Thus says the Lord, Who gives the sun for light by day and **the fixed order** of the moon and the stars for light by night, Who stirs up the sea so that its waves roar; The Lord of hosts is His name:
- 36 "If **this fixed order** departs From before Me," declares the Lord, "**Then the offspring of Israel also will cease from being a nation before Me forever.**"

The moment the fixed order is not observed, creation malfunctions and goes into a cosmic groan for it to be restored. The primary reason for the violation of the order of God in creation is the marring of the image of God in man through sin. When sonship is restored, creation will revert back to its original design. These processes are presently afoot - being restored. Creation groans for the manifestation of the sons of God.

GOD IS IN PERPETUAL REST: God is not 'at work' in the way we understand it, to ensure that all of creation works according to certain rules. Rather, **He has programmed all of creation to function according to very specific rules**, e.g. the law of gravity will ensure that objects will fall downward toward the earth; the law of sowing and reaping ensures that under the proper conditions, that a seed planted in the ground will grow into a full plant or tree and bear further fruit containing seed for sustained perpetuity of its kind; etc.

Similarly, **REST for the soul is found when you, through your obedience, access a principle in God which, when activated, produces certain results. These results are attained through simple**

obedience performed in faith and rest, and there is no attempt to manipulate the result or attain the result through human endeavour or perspiration in the flesh.

REST = A position of repose after the installation and activation of principles governing the effective functioning of something. Perpetuity is ensured by the persistent upholding of principles, which guarantee unending and effective function. As long as the principle is enforced and applied, the God-intended result would materialise.

Obedience is Key for Rest.

Obedience, in this context, is a practical and an active way of subscribing to and locking into eternal principles of God that ensure our success in life. Israel did not enter the Promised Land after the 12 spies were called upon to appraise the land. This failure on their part is equated to not being able to enter their rest. **Rest includes entry into a God-determined promise or intention.** This requires **faith and obedience.**

Heb. 4:4-6

- 4 For He has said somewhere concerning the seventh day: "And God rested on the seventh day from all His works"
- 5 and again in this passage, "**They shall not enter My rest.**"
- 6 Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter **because of disobedience,**

Unbelief and a lack of faith negates the rest of the Soul.

Heb. 3:19-20

- 19 And to whom did He swear that they would not enter His rest, but to those who were **disobedient?**
- 20 So we see that they were not able to enter because of **unbelief**

Unbelief is a lack of faith and trust – exhibiting no confidence in the reliability of God's nature and the certainty of His promise vested in and through His WORD. Whenever we express unbelief, we are saying that both God's nature/character and Word cannot be trusted. On the contrary, when we express faith through obedience, we testify to the absolute reliability on His nature and Word.

We must be **diligent** to enter that Rest.

Heb. 4:11-13

- 11 Therefore let us be **diligent to enter that rest,** so that no one will fall, through following the same example of disobedience.
- 12 **For the word of God** is living and active and sharper than any two-edged sword, and piercing as far as the **division of soul and spirit,** of both joints and marrow, and able to judge the thoughts and intentions of the heart.
- 13 And there is no creature hidden from His sight, but **all things are open and laid bare to the eyes of Him with whom we have to do**

Their lack of faith and subsequent disobedience was symptomatic of a soul not brought into alignment with the requirement of God. Specifically, their THINKING or mindset was not commensurate with the demand of God.

Israel was given the Promised land, but failed to enter because of unbelief and disobedience, as they considered potential obstacles (giants) that threatened their attainment of it. The real reason for this is that the WORD OF GOD given to them did not prosper in their souls.

The Promised Land, when compared to the land of Egypt, in many respects encapsulates a land of tremendous prosperity on all levels. God deliberately pointed out to Israel that new land is **NOT AS THE LAND OF EGYPT**. (We will examine this in a subsequent session).

FOR THE SOUL TO PROSPER ...

- It needs to return unto its rest.
- It must be free from carnality and fleshly pursuit.
- It must submit to the hearing of the Word in the spirit.
- It must be filled with trust and faith in what is heard.
- It FINDS rest through OBEDIENCE to God's Voice.
- It sustains rest through consistent obedience, simply enacting eternal principles, not striving to work the result through human intellect or rationalisation.
- It must be healed of any emotional hurt.
- It must be filled with peace.

REST AND - REBUILDING THE RUINS, RAISING UP FOUNDATIONS, REPAIRING THE BREACH AND RESTORING THE STREETS

AND SO - RIDE THE HEIGHTS OF THE EARTH AND BE FED WITH THE HERITAGE OF JACOB

Isaiah 58:12-14

- 12 Those from among you will **rebuild the ancient ruins**; You will **raise up** the age-old foundations; And you will be called the **repairer of the breach**, The **restorer of the streets** in which to dwell.
- 13 "If **because of the sabbath, you turn your foot** From doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of the Lord honorable, And honor it, desisting from your own ways, From seeking your own pleasure And **speaking your own word**,
- 14 Then **you will take delight in the Lord**, **And I will make you ride on the heights of the earth**; **And I will feed you with the heritage of Jacob your father**, For the mouth of the Lord has spoken."

The 'Sabbath' = The principle of REST. In **verse 12**, terms like '**rebuild, raise up, repair and restore**' describe an apostolic mandate of reforming, returning or re-aligning things back to God's original design and intent.

Verse 13 describes the people that are eligible for such a function, viz. those who function in REST. Reference is made to the Sabbath which means rest. The overriding message of verse 13 is the desisting of doing your own thing, deriving your own pleasure, and speaking your own words. From these things we must **'TURN THE FOOT AWAY'**. There is the deliberate setting aside of your own inclination in preference for that which pleases God.

We must call the Sabbath 'a delight' and a 'holy day' – i.e. we must give the issue of REST FOR THE SOUL high premium in our lives. This is a seriously important issue.

E.g. If you are going to enter into the grace and anointing of being a rebuilders, raiser of foundations, repairer, and restorer', then in all your relationships, you must seek to have peace. Forgiveness and reconciliation must be key and primary principles by which you function.

"I knew I was delivered from hurt and pain, when I started feeling sorry for the people that hurt me. This is when anger became tears of compassion – then you know you are at rest."

(Thamo Naidoo at 17th ASOM March 2010)

Verse 14 contains the blessing attendant with such people, and pictures a prosperous state in every respect.

You will ride on the heights of the earth = this indicates **governmental position, power and privileges**. It indicates a place of **ascendancy, elevation and height** – a place of being **powerfully influential**.

I will feed you with the heritage of Jacob = The blessing of Jacob is yours. The word heritage here means 'heirloom' or 'estate' or 'inheritance'. Time and space do not permit us to unpack this further, but this refers to **CHRIST Himself as our inheritance**.

THE EUNUCH PRINCIPLE:

Isaiah 56:4-6

- 4 For thus says the Lord, **"To the eunuchs who keep My sabbaths,** And choose what pleases Me, And hold fast My covenant,
- 5 To them I will give in My house and within My walls a memorial, And **a name better than that of sons** and daughters; I will give them **an everlasting name** which will not be cut off.
- 6 "Also the foreigners who join themselves to the Lord, To minister to Him, and to love the name of the Lord, To be His servants, **everyone who keeps from profaning the Sabbath** And holds fast My covenant;

Eunuchs were males who were usually castrated, and gave their whole lives to serving the interest of a KING in taking care of his bride. The bride is a picture of the church. This was a position and function of great trust. The eunuch had to have no ambition of producing his offspring with the King's bride. He symbolically represents **those with full control over the flesh, to selflessly serve a greater purpose without temptation or distraction**. In the passage above, the eunuch is equated to one who keeps the Sabbath – and hence **who functions in REST**.

Hence, **to enter the REST position, we must have the mentality of the eunuch.** God must give the most noble function of preparing HIS BRIDE, His church to be presented unto Himself, mature, without spot or blemish to a people of REST. To effectively engage this function, we must be those who have demonstrated **mastery over the flesh, and not producing within the church offspring, results or things that do not bear the DNA or image of Christ. We only exist to produce sons carrying His nature and identity in the earth.** This is a position of REST that we must enter into. This will bring tremendous rest and peace to our souls. And we will prosper as our souls prosper. We will even be given a name better than 'son' – an everlasting name which shall not be cut off.

Hence, ...

REST =

- A position of no selfish, self-centered, carnal ambition**
- A quality facilitated by mastery over the flesh.**
- A desire to only serve the interests of God.**
- Expressed by preoccupation with the preparation of the Bride for the Lord.**

Become a Eunuch of REST for more effective service in the Kingdom

Matt 19:12b "... there are also eunuchs **who made themselves eunuchs** for the **sake of the kingdom of heaven.**"

THE NOAH PRINCIPLE

In studying REST, we must give some attention to Noah, whose name means REST.

Noah, too, represents a son that embodied the principle of rest. A study of Noah and his day is warranted, as Jesus drew direct comparisons between Noah's context and the period that will preface His second coming. **Noah and the principles locked up in all he represented highlight for us what manner of persons we ought to be and how we should build to be preserved in a time of widespread, global divine judgment.**

Noah = Rest; Repose, Comfort; Consolation

Genesis 5:29-32

- 29 Now he called his name Noah, saying, "This one will give us rest from our work and from the toil of our hands arising from the ground which the Lord has cursed."
- 30 Then Lamech lived five hundred and ninety-five years after he became the father of Noah, and he had other sons and daughters.
- 31 So all the days of Lamech were seven hundred and seventy-seven years, and he died.
- 32 Noah was five hundred years old, and Noah became the father of Shem, Ham, and Japheth.

Lamech, the father of Noah, gave his son a name with prophetic significance, “rest,” asserting that his son would give humankind rest from the labour and toil of God’s curse on the ground. If this was in God’s will, then the resultant destruction of man in the flood highlights just how close one can come to the realisation of prophetic promise, and yet its fulfillment is aborted because of gross levels of indifference and disobedience to divine commands and precepts.

The literal Hebrew rendering of Lamech’s statement in Gen 5:29, **“This one will give us rest from our work”** is **“This one will COMFORT US IN REST”**. The idea of ‘comfort’ is associated with the Holy Ghost – the Comforter. Noah is a type of the Holy Spirit, building the Church, the Ark, the Body of Christ according to precise specifications.

Lamech’s emphasis of **“THIS ONE”** in referring to Noah, infers that he had other sons, but that they had no impact nor bearing upon God’s global purposes. Verse 30 confirms that he had other sons, either before or after Noah. Sons that do not fully engage the GRACE deposit of God within their spiritual father will, in this season, not be central players in stewarding God’s eternal purposes.

Noah himself bore three sons, which fathered the new human race after the flood. These were born to him when he was five hundred years old. It is highly probable that these boys were triplets. Five is the number of grace, and so five hundred represents matured grace. When the deposit of God had matured within him, Noah produced more quality sons in one season of his life. These sons would set patterns for the rest of humanity to come, for good or bad.

Noah was a preacher of righteousness (**2 Peter 2:5**). If the people obeyed him, they would have entered into REST. **There was a despising of the voice of the one who was sent by God to them. Instead of prospering, they perished through disobedience.** It is still true that if you **believe God’s prophet, you will prosper** (**2 Chron. 20:20**).

More than simply entering into REST privately, we must be those in whom God can endow a capacity, like Noah had, **to bring others, and indeed all of creation, into REST**. We must meditate fully on this principle and let it become dominant in our thinking until it becomes a reality in our world. We grow stronger each day embodying the rest principle.

To do so, we must embody the principles that Noah exhibited in his life. These are simply mentioned here, as time and space do not allow for an exhaustive exploration.

Gen. 6:8-9

8 But **Noah found favor in the eyes of the Lord.**

9 These are the records of the generations of Noah.

Noah **was a righteous man, blameless in his time; Noah walked with God.**

Noah Principles that Facilitate Rest:

- Grace and favour from the Lord [Gen. 6:8]
- Living Righteously [Gen. 6:8]
- Preaching Righteousness [2 Pet. 2:5]
- Perfect and Blameless [Gen. 6:8]
- Circumspect Walk – agreeing with God (Amos 3:3) [Gen. 6:8]
- Faith [Heb. 11:7]
- Had a Fear and Reverence for God [Heb. 11:7]
- Building accurate Structure [Heb. 11:7]
- Focus on the FAMILY characteristic of the church – ‘Household’ [Heb. 11:7]
- Obedient [Gen. 6:22]

Noah prospered when others perished. His prosperity was the ability to live so honourably and obediently to God, that it gave him immunity in global crisis. To prosper macrocosmically is to transition into a realm of safety, preservation, protection and providential abundance when God deals judgmentally with the earth, and simultaneously be positioned to bring redemption, restoration and reformation to one’s environment. Noah did this. This requires that certain qualities are built into our lives and into our general functioning. Be at REST yourself, and so operate redemptively, bringing REST to others!

If we, like Noah, are to **BRING rest to others, we must BECOME rest.** You can only give to others that which you are. When you have become the embodiment of any principle in God, to express it or share it is not only reflexive (easily automatic), but inevitable.

NOAH’s life represented a **singular standard** that influenced the way God engaged with the entirety of the earth. His accurate representation is forceful and powerful. Had the people of the earth listened to his preaching, they would have been saved and entered into the REST that he embodied. I challenge us all to be mentally conscious of the potential of our own representation before God, and become a potential conduit of salvation to many within your sphere of influence. May REST and PEACE characterise all that you do and positively affect everyone you know.

Isaiah 54 pictures a church that is fully restored and fertile.

Isaiah 54

- 1 “Shout for joy, O barren one, you who have borne no child; Break forth into joyful shouting and cry aloud, you who have not travailed; For the **sons of the desolate one will be more numerous Than the sons of the married woman,**” says the Lord.
- 2 “**Enlarge the place of your tent; Stretch out the curtains of your dwellings, spare not; Lengthen your cords And strengthen your pegs.**
- 3 “For you will spread abroad to the right and to the left. And your **descendants will possess nations** And will resettle the desolate cities.
- 4 “**Fear not,** for you will not be put to shame; And do not feel humiliated, for you will not be disgraced; But you will forget the shame of your youth, And the reproach of your widowhood you will remember no more.

- 5 “For your husband is your Maker, Whose name is the Lord of hosts; And your Redeemer is the Holy One of Israel, Who is called the God of all the earth.
- 6 “For the Lord has called you, Like a wife forsaken and grieved in spirit, Even like a wife of one’s youth when she is rejected,” Says your God.
- 7 “For a brief moment I forsook you, But **with great compassion I will gather you.**
- 8 “In an outburst of anger I hid My face from you for a moment, But with everlasting lovingkindness I will have compassion on you,” Says the Lord your Redeemer.
- 9 “**For this is like the days of Noah to Me, When I swore that the waters of Noah** Would not flood the earth again; So I have sworn that I will not be angry with you Nor will I rebuke you.
- 10 “For the mountains may be removed and the hills may shake, **But My lovingkindness will not be removed from you, And My covenant of peace will not be shaken,**” Says the Lord who has compassion on you.
- 11 “O afflicted one, storm- tossed, and not comforted, Behold, I will set your stones in antimony, And your foundations I will lay in sapphires.
- 12 “**Moreover, I will make your battlements of rubies, And your gates of crystal, And your entire wall of precious stones.**
- 13 “**All your sons will be taught of the Lord; And the well- being of your sons will be great.**
- 14 “In righteousness you will be established; You will be far from oppression, for you will **not fear**; And from terror, for it will not come near you.
- 15 “If anyone fiercely assails you it will not be from Me. Whoever assails you will fall because of you.
- 16 “Behold, I Myself have created the smith who blows the fire of coals And brings out a weapon for its work; And I have created the destroyer to ruin.
- 17 “**No weapon that is formed against you will prosper; And every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, And their vindication is from Me,**” declares the Lord.

God promises to deal graciously with His church in keeping with manner that characterised His mindset **AFTER** the great flood in Noah’s time. When God considers how kindly and favourably He will engage His sons, He says that this time will be like the days of Noah, in which He promised that He never again would destroy the earth by flood. So likewise now, He will not be angry with us, nor remove his lovingkindness or Covenant of Peace. As we have demonstrated, Noah embodied the principle of REST and peace, and so we could very well apply this passage to those who model the Noah principles of REST and all that facilitated it.

In this same context of a Divine disposition of grace, love and kindness because of a Noah company typifying REST, are promises of ...

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|--|---------|
| ❖ Fertility and Productivity - Breaking Barrenness | [v.1] |
| ❖ Enlargement and Expansion | [v.2] |
| ❖ Impacting of Nations | [v.3] |
| ❖ Indestructible Financial Wealth | [v. 12] |
| ❖ Well Taught and Disciplined Sons | [v.13] |
| ❖ Peaceful and Prosperous Sons | [v.13] |
| ❖ Total Absence of Fear | [v.14] |
| ❖ Protection and Safety | [v.17] |

Assert these things in this season of God dealing favourably with us because we have entered into REST.

Note verse 13:

[For your own study – see John 6:45]

Isaiah 54:13

NASB “All your sons will **be taught** of the Lord; And the **well-being** of your sons will be great.
AMP And all your spiritual children shall be **disciples** [taught by the Lord and **obedient** to His will], and great shall be the **peace and undisturbed composure** of your children.
NRSV All your children shall be taught by the Lord, and great shall be the **prosperity** of your children.

Peace = shalom = welfare, prosperity, safety

Taught = limmud = instructed, leaned, disciple, accustomed

Being taught of the Lord implies **OBEDIENCE TO HIS WORD**. When this is in place, the peace and prosperity of God’s sons will be GREAT.

Great = rab = abundant, exceedingly, full

BUILDING RESTFULLY THROUGH SONSHIP

Psalm 127:

- 1 Unless the Lord **builds the house**, They labor in vain who build it; Unless the Lord guards the city, The watchman keeps awake in vain.
- 2 It is vain for you to rise up early, To retire late, To eat the bread of **painful labors**;
For He **GIVES TO** His beloved even in his sleep

‘House’ is the Hebrew word ‘**bayith**’, which does not primarily refer to the physical structure of the house as much as it does the **quality of relationships** that exist in the house. ‘House’ then highlights the principle of ‘family’ in the house. The church is the ‘house of God’ which is the family of God, the primary agency of the kingdom of God and through which His purposes are executed in the earth. Every house is headed by a father, who nurtures and prepares sons in their accurate representation of Christ and for their effective function as they perform His will within their spheres of influence.

Verse 1 above indicates that God builds His house. This building activity of God is best encapsulated in the term ‘SON’. Outside of the concept or reality of ‘SON’, God does not build anything. ‘Sonship’ naturally implies fathering also, so the Father-son dynamic becomes the infrastructure – the new wineskin – the resource that God will use to build His purposes in the earth.

Builds = benah – derived from the root word, ‘**ben**’ which means ‘**son**’. God builds through sonship and fathering. This dynamic will obviate the necessity to engage in unwarranted and lengthy sorrowful or painful labours – note v. 2 “eat the bread of painful labours”.

Note also the reference to limited sleep in the hope that working longer hours will secure a greater result in the building process (**verse 2a**: “**It is vain for you to rise up early, To retire late**”). But the result is ‘the bread of painful labour’. The Psalmist challenges us to engage in REST, depicted in the Psalm by ‘sleep’ – which is the best form of rest.

The reason cited for this is that God ‘**gives to His beloved even in his sleep**’. Some versions of the Bible inaccurately frame verse 2 as “He gives His beloved sleep” (e.g. KJV, NKJV, NIV, NRSV, ESV). But the original Hebrew rendering of this verse is “**He gives TO His beloved IN His sleep**”, viz. Sleep (i.e. REST) is the most accurate and ideal posture for the reception of resource from God. To go to bed late and to rise up early is to attempt to reduce sleep time so that you get more working hours in a day and so as to achieve a greater output. This is functioning by human effort and perspiration, outside of the principle of rest.

In REST, there is divine engagement and interaction and the building process continues. So rest or sleep here **does not imply inactivity**. On the contrary, he who builds through the principle of sonship will be at rest, and does not fret engaging in unnecessary painful toil to get things done, because he has installed within his sons the principles of building God’s purposes.

Note the powerful interplay between the ‘**Lord building**’ and ‘**they that labour**’. These are not contradictory activities, for the Lord desires to build through our labouring. In our labouring, we must ensure that it is God who is labouring in and through us.

When we function in REST, we receive GRACE and strength, and through expressions of our confident sonship in God, we get more done working by grace than if we attempt to work without it, or by not functioning within our sonship identity.

The terms ‘GIVES TO’ implies provision. As a son of God, you need to rest in the Father’s gracious ‘provision’ for every need you have personally, and also for every resource you will need to fulfill the assignment that He has called you to.

RESTING IN GRACE AND NOT SWEATING BY WORKS

1 Cor. 15:9,10

- 9 For I am the least of the apostles, and not fit to be called an apostle, because I persecuted the church of God.
- 10 But by the grace of God **I am what I am**, and **His grace toward me did not prove vain**; but I **labored** even more than all of them, yet not I, but **the grace of God with me**.

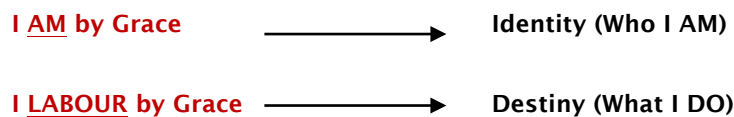
Grace, the anatomical composition substance of all that God is, manifests itself as divine enablement, making us accurate representations of Him as His sons and empowering our service of Him as we execute His will. Grace is what causes you to **become all that God has destined for you to be and to do all that God has assigned for you to do**. Grace will cause you to function at a level beyond your natural capacity. In verse 9, viewing things naturally and based on his prior persecution of the church,

Paul feels that he is the least of all apostles and also feels disqualified from apostolic function. But then he shifts gear and perspective, and calls to mind that the GRACE of God in his life corrects both issues. Paul is essentially saying two things in verse 10:

1. "I AM what I am by grace.
2. "I labored – yet not me, but God's grace with me'

The grace of God qualified him where his personal history disqualified him. Where human failure, weakness and even sin disqualifies us from becoming the man or woman God intended for us to be and thus feel unable to fulfill a specific assignment in which we are called to 'labour', then GRACE removes all natural disqualifying elements and validates our identity (who we are as sons of God), our mandate (the specific call to ministry function we have) and the degree of our function (the effectiveness with which we work).

Focus on these two statements: 'I am – by grace' ; 'I work – by grace'.



Paul both Lived and Laboured by Grace

To come into total REST, we need to tap into the GRACE of God, allowing this GRACE to configure our IDENTITY in Him as His sons, and to also empower all our efforts in performing His will. 'Grace' and pure human effort are opposite concepts. We either work by grace or we work by our own limited human endeavour. Again, grace does not imply the cessation of work, for Paul said, "I labour", but labour must be in accordance with the supernatural energizing power of grace. Grace will bring us into rest, for it will no longer be ourselves who work, but 'grace' will work in and through us.

[The issue of GRACE will be dealt with more thoroughly in a different module]

BE HUMBLE AND GENTLE

If you claim to be in rest, your life will be marked by specific qualities in respect to your character. Some of these are peace, no anxiety, forgiveness, no anger or bitterness, etc. There are two qualities that Jesus highlighted in His encouragement to His disciples to find rest for their souls, viz. **humility and gentleness**.

Matt 11:28-30

- 28 "Come to Me, all who are weary and heavy-laden, and I will **give you rest**.
- 29 Take My yoke upon you and **learn from Me**, for I am **gentle and humble in heart**, and you will **find rest for your souls**.
- 30 For My yoke is easy and My burden is light

If you are to 'LEARN' of Christ in your quest to enter into your REST for the soul, then humility and gentleness must be key traits that you must possess. Learning of Christ's humility and gentleness is the pathway to finding rest for the soul.

Below are some brief thoughts on humility and gentleness for your personal study.

Humility ...

- Reflects Godly character (Ps. 45:4)
- Is associated with wisdom (Prov. 11:2; Jas 3:13)
- Is associated with meekness/gentleness (Job 8:7; Zeph. 3:12)
- The opposite of Pride (1 Pet. 5:5)

The Humble ...

- Deserve honour (Prov. 15:33; 18:12)
- Will be exalted (Mt 23:12; also Lk 14:11).
- Are known for their fear of the Lord (Prov. 22:4)
- Are known for their righteousness (Num. 12:3; Zeph. 2:3; Acts 20:19; Phil 2:3)

Sons of God are to ...

- Be humble before everyone (Phil 2:3; Titus 3:2)
- Be humbled before God (Ex 10:3; Prov. 6:3; Mt 18:4; Jas 4:10)
- Be clothed with humility (Col 3:12; 1 Pet 5:5)

Gentleness ...

- Characterises wisdom from above (James 3:17)
- Associated with love and kindness (Acts 27:13; 1 Thess. 2:7; 1 Tim 3:3; Phil. 4:5; Col 3:12)
- Meekness (Jer. 11:19; Zech. 9:9; 2 Cor. 10:1)
- Humility (Eph. 4:2; 1 Pet.3:4)
- Is a fruit of the Spirit (Gal. 5:23)
- It is to be "put on" with other Christian virtues such as compassion, lowliness and patience (Col. 3:12).
- A preferred means of administering correction and restoration (1 Cor. 4:21; Gal 6:1)
- Must be in church leaders (1 Tim 3:3; 2 Tim. 2:25; cf. Heb. 5:2)

Let humility and gentleness characterise all you do and say. Come into REST.

Concluding Remarks:

God consciously ordained THE principle of REST for you. Jesus is Lord even of your rest (Matt 12:8). Enter your REST and prosper in all respects.

Mark 2:27,28 Jesus said to them, "The **Sabbath was made for man**, and not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Again it must be stressed, **OBEEDIENCE is key!** Incline your ear to hear God. Whatever He commands you, just do it and come into rest for your soul. Your mind, will and emotions will be at peace. Total life prosperity will be yours.

Jer. 6:16 Thus says the Lord, "Stand by the ways and see and ask for **the ancient paths**, Where the good way is, and walk in it; And you will find **rest for your souls**. But they said, 'We will **not walk in it**.' "

'Ancient paths' here refer to timeless and eternal truths or principles in God. This is the platform from which God functions. We must ASK for these and obediently WALK in them. In this way REST will come to us.

May your soul, viz. your mind (thinking and understanding), your will (choices and decisions) and your emotions (feelings), prosper and come into the fullness of the REST that God has determined for you. May you experience prosperity and success in every dimension of your personal life and in every expression of doing God's work.

N.B.:

To amplify and deepen your understanding of REST, I encourage you to **LISTEN** to a series of teachings by Thamo Naidoo and Dr Sagie Govender on the principle of REST delivered at the 17th Apostolic School of Ministry (ASOM) in March 2010. Go to www.thamonaidoo.com; click on the **RESOURCE Tab**; then - '**ASOM**'; then - **March 2010**;

For Thamo Naidoo's Sessions click the following: Thurs. 25 March – **Sessions 2 and 3**; Fri. 26 March – **Session 4**; Sat. 27 March - **Session 4**. **For Sagie Govender's Sessions, click the following:** Tues. 23 March – **Sessions 1 and 2**

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