

A Faith Based Rest

1. Inner Perfect Peace
 - 1) Members of the Royal Family/Joint Heirs. [1 Peter 2:9](#); [Romans 8:17](#)
 - 2) Peace called rest. [Hebrews 4:1](#)
2. Faith Based Rest
 - 1) It is through faith that we find salvation. [Ephesians 2:8, 9](#)
 - a) God did the most for us while we were His enemies. [Romans 5:10](#)
 - b) Why would God then not desire the best for his children? [Galatians 3:26](#)
3. Inner perfect peace does not mean there will be no trials. [Romans 5:3, 4](#)
 - 1) Through God, there is hope for everyone. (Believe in Christ for the unbeliever; Doctrine for the believer.)
 - 2) The trials we face allow us to rely on God and grow in spiritual maturity. [Proverbs 3:5, 6](#)
4. God's Promises
 - 1) The Bible is filled with promises God has made to man, and it's these we can cling to in times of weakness.
 - 2) All the information we need to face the inevitable trials in life can be found in scripture. [II Peter 1:3, 4](#)
 - 3) Before you can believe the promises, you must know them and before you know them, you must learn them. This requires fellowship with the Holy Spirit and dutiful studying.
5. Casting your worries to Him.
 - 1) Be occupied with the Lord. [Psalm 37:4, 5](#)
 - 2) Commit your problems to God in faith. [I Peter 5:7](#)
 - 3) Don't take those problems back up!
6. What faith based rest looks like.

A Faith Based Rest (Continued)

- 1) It is a continuous process. [Romans 12:12](#)
 - 2) It is not relying on your own works. (RMA)
 - 3) It is invoked through prayer. [1 Peter 5:7](#)
7. Faith based rest in 3 easy steps.
- 1) Pick a promise. [Jeremiah 29:11](#); [Romans 8:28](#)
 - a) Think on what it means; focus on it.
 - b) Despite the anxiety, fear, depression you may be going through, God is in control.
 - 2) Apply doctrinal rationale.
 - a) Logistical Grace Rationale: God is faithful in His care for you.
 - b) Plan of God Rationale: You are a part of God's plan.
 - c) Essence of God Rational: Focus on the attributes of God's nature that guarantee His promises.
 - 3) Come to the doctrinal conclusion.
 - a) Best summarized in [Romans 8:31](#).

BIBLICAL PROMISES:

Do not be fainthearted. Do not be afraid, or panic, or tremble before them, for the Lord your God is the one who goes with you, to fight for you against your enemies, to save you. [Deut. 20:3b-4](#)

Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you. [Deut. 31:6](#)

I have set the Lord continually before me; because He is at my right hand, I will not be shaken. [Psalm 16:8](#)

A Faith Based Rest (Continued)

Wait for the Lord; be strong and let your heart take courage; yes, wait for the Lord. [Psalm 27:14](#)

The steps of a man are established by the Lord; and He delights in his way. When he falls, he shall not be hurled headlong because the Lord is the One who holds his hand. [Psalm 37:23-24](#)

When I am afraid, I will put my trust in Thee. [Psalm 56:3](#)

Guarding the paths of justice, and He preserves the way of His godly ones. [Proverbs 2:8](#)

The steadfast of mind Thou wilt keep in perfect peace because he trusts in Thee. [Isaiah 26:3](#)

Do not fear, for I am with you; do not anxiously look about you for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand. [Isaiah 41:10](#)

The Lord's loving kindnesses indeed never cease, for His compassions never fail. They are new every morning; great is Thy faithfulness. [Lam. 3:22, 23](#)

And all things you ask in prayer, believing, you shall receive. [Matthew 21:22](#)

No temptation has overtaken you but such as is common to man: and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also that you may be able to endure it. [I Corinthians 10:13](#)

Now to Him who is able to do exceeding abundantly beyond all that we ask or think, according to the power that works within us. [Ephesians 3:20](#)

I can do all things through Him who strengthens me. [Philippians 4:13](#)

And my God shall supply all your needs according to His riches in glory in Christ Jesus. [Philippians 4:19](#)

For God has not given us a spirit of timidity, but of power and love and discipline. [II Timothy 1:7](#)