

Love Life Ministry

Touching People with the Healing Power of God's Love[©]



Learning To Rest

by Sandra Crothers

Life is full of difficult and challenging situations that confront us. We want them to be resolved and gone quickly, but that is not always the case. What do you do while you are waiting? I have talked about resting in the Lord (see the teaching entitled [Experiencing Peace and Rest](#)) and I will expand on that now using the life of Paul as an example. In Philippians 4: 6-7 (AMP), He is instructing us not to be anxious about the situations, but pray about everything that concerns you, giving thanks and making specific requests to God. Then God's peace will guard your heart and mind. We cannot experience rest in our mind until we give Him our cares, worries, fears, thanking Him, and believing He is taking care of them. It is letting go of the problems, putting them into His hands, and trusting Him to handle them that brings His peace. Our mind cannot focus on two things at the same time. Paul understood the need to change our focus from our problems to Jesus because the devil tempts us with negative thoughts and emotions that pull us away from Christ. It is thinking about Christ and what He did at the cross that brings our mind back to the truth. Then our mind and heart will not be hindered by the negative thoughts and emotions. (Philippians 4:8).

In verses 11-13 Paul said he had learned to be satisfied to the point where he was not disturbed or troubled regardless of his circumstances. You may think how can I do this because what I am going through is real and I am dealing with it and I want it to be resolved? Paul, like us had to learn the principle of how to be content where he was and to learn he was already sufficient in Christ's grace or supply. I do not think Paul learned this overnight. He experienced many problems that I believe he tried to conquer in his strength, but in time he realized he could not, and he began to learn how to depend on Christ and not himself. It involves the day-to-day journey and life's experiences that show us our weaknesses and inabilities. It is learning to spend time with Jesus and let Him reveal Himself to us so that we know Him intimately instead of just head knowledge so we can learn to trust Him.

Paul also had to choose to rejoice in the Lord always in spite of what it looked and felt like (Philippians 4:4) and so do we!! He had to believe Christ was empowering him with supernatural strength and peace. He had to believe first by faith before he saw the outcome. Over time Paul genuinely believed and lived by what he taught because he said "I have learned". Did you get that? Even the great apostle Paul had to learn!!! He came to know that Christ was truly his life and everything he needed was in Him. This is my prayer for you!!

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Resting for you also involves learning to wait after casting the cares as it may take time to see the expected results. While you wait you must have hope, not a worldly hope that thinks I hope it happens, but I am not sure. If you have no hope your faith will not work (Hebrews 11:1). Biblical hope is having a confident expectation of seeing the good, His promises and His blessings in your life. Anchor your hope in His love, His grace, and His Word. Please read the following scriptures for further insight: (Psalms 33:18-22; Psalms 40:1-2; Psalms 62:1-2;5-8).

What are the problems that are heavy on your heart and you have felt like there is no hope because you have battled them for a long time without seeing any change? Jesus invites you to give Him the burdens that are weighing you down and allow Him to give you His rest and peace. He knows and understands your situation. He loves you and wants to fight your battles for you. Spend some time today and read the Scriptures I have used because the Word is Life, healing, and health to all your flesh (Proverbs 4:22). Pour out your heart to Him letting Him love, encourage, and comfort you.

I speak His Shalom Peace and grace over you in the name of Jesus. Amen!

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