

# REST ASSURED!

I AM CONVINCED THAT GOD DOES NOT JUST WANT US TO ENJOY REST, BUT HE WANTS US TO REST IN HIS PROMISES AND ASSURANCES PROVIDED IN HOLY SCRIPTURE. DOING SO CALLS FOR MORE THAN PHYSICAL REST; IT ALSO REQUIRES EMOTIONAL AND MENTAL REST TO ENJOY THE FULL BENEFITS OF GENUINELY RESTING IN HIS ASSURANCE.

BELOW ARE SOME PROMPTS TO TAKE YOU THROUGH THE PACES THAT I FIND HELPFUL WHEN I AM IN NEED OF REST AND ASSURANCES.

## STEP 1 – NAME IT

- WHAT IS THE PROBLEM, WORRY, DOUBT, OR FEAR (CONCERN) ARE YOU CARRYING?
- WHERE DO THE THOUGHTS SURROUNDING THIS CONCERN STEM FROM?

## STEP 2 – FIND A PROMISE

- FIND A PROMISE IN SCRIPTURE THAT ADDRESSES YOUR CONCERN. GOOGLE IT!
- MEDITATE ON THAT VERSE OF SCRIPTURE. (USE THE MEDITATION PRACTICE FROM CHAPTER 9).
- PRAY A PRAYER USING THE PROMISE IN THAT SCRIPTURE VERSE.

## STEP 3 – PLACE IT AT JESUS' FEAT

- RELINQUISH THE PROBLEM. LET IT GO!
- MENTALLY LET GO OF THE EMOTIONS BROUGHT ON BY YOUR CONCERN.
- IMAGINE PLACING YOUR PROBLEM AT JESUS' FEET AND LEAVING IT THERE.
- IMAGINE YOURSELF TURNING AND WALKING AWAY WITHOUT THE PROBLEM.
- LOOK BACK AND MAKE SURE IT IS STILL WHERE YOU LEFT IT – AT JESUS' FEET.
- SEE JESUS IN YOUR MIND'S EYE, PICK UP THE PROBLEM, AND BEGIN TO WORK ON IT.

## STEP 4 – REST ASSURED IN THE PRESENCE OF THE LORD

- PHYSICALLY AND MENTALLY, REST KNOWING THAT GOD IS BIGGER THAN YOUR CONCERNS.
- EXPERIENCE THE MENTAL RELEASE OF KNOWING GOD IS WORKING IT OUT FOR YOUR GOOD.
- KNOW IN YOUR SPIRIT THAT GOD'S TRUTH TRUMPS ANYTHING YOU TELL YOURSELF.
- OPEN YOUR HEART AND EMBRACE THE LOVE AND ACCEPTANCE OF GOD.
- RECEIVE IN THE MINISTERING OF THE HOLY SPIRIT AS YOU REST IN HIS PRESENCE!

PRACTICE THESE STEPS WHENEVER YOU FEEL OVERWHELMED WITH WORRY OR FEEL LIKE YOU ARE DROWNING IN DOUBT AND FEAR.

FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR AND TIMIDITY, BUT OF POWER, LOVE, AND SELF-DISCIPLINE. II TIMOTHY 1:7 NLT

LEAVE ALL YOUR WORRIES WITH HIM BECAUSE HE CARES FOR YOU. I PETER 5:7

REST IN THE ASSURANCE OF HIS WORD AND PRESENCE!

BY: PAM LILLY