

Ephesians 2013-057 and 058

Spiritual Life Span Development
 Review of
 Lesson 1
 Christian Childhood
 Review

1

*The Believer's Grace Adjustment to the
 Justice of God*

- Psalms 66:18 *If I perceive sin in my heart, the Lord will not hear me.*
- Psalms 32:5 *I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.*
- I Cor 11:31 *But if we judge ourselves rightly, we should not be judged.*
- 1 John 1:9 *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all other unrighteousness.*

2

*Invitation: Becoming a Member of God's
 Family:*

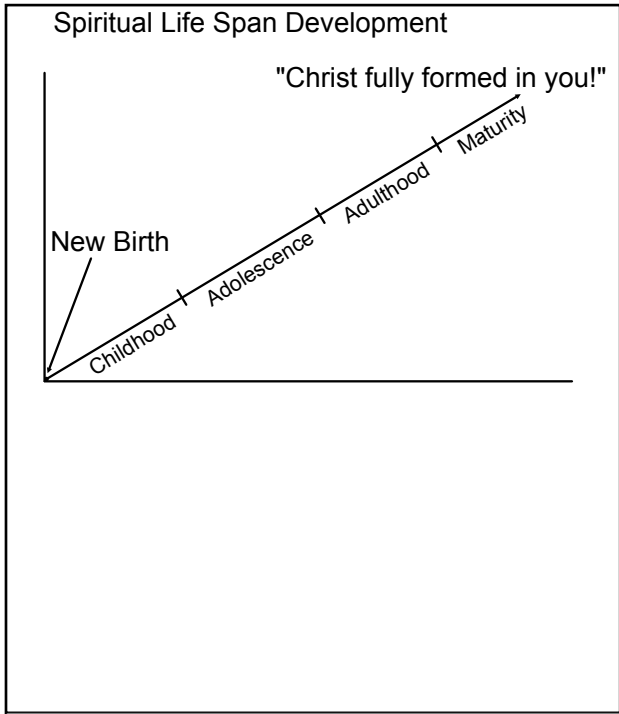
- Ephesians 2:8-9 *For by a free gift you are saved through trusting and that not of yourselves, it is the gift of God; 9 not as a result of how good we are, so that no one may brag.*
- Rom. 11:6, *"But if it is by a free gift it is no longer on the basis of how good we are, otherwise a free gift is no longer a free gift"*
- Gal. 2:21, *"I do not nullify the free gift from God; for if righteousness comes through the following rules, then Christ died needlessly."*

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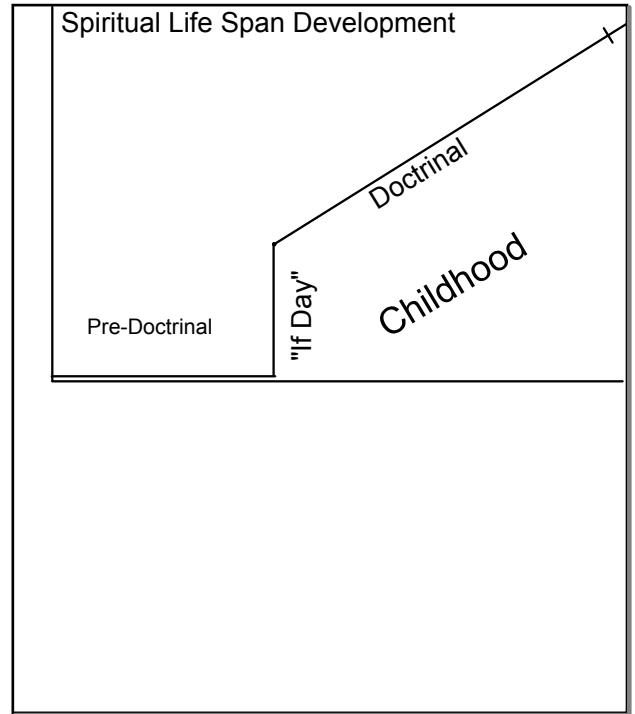
- Gal. 3:24, *"Therefore the rules of the Jewish Law have become our teacher to lead us to Christ, that we may be justified by trusting."*
- 1 Corinthians 3:11 *There is nothing else salvation can be built upon, only Jesus Christ.'*
- John 3:16, *"For God so loved the world, that He gave His uniquely born Son, that whoever trusts in Him should not perish, but have eternal life."*
- *"Trust in the Lord Jesus Christ and you will be saved" Acts 16:31*

Privately praying to God the Father that you trust what Christ has done, not what you can do, is the method of salvation.

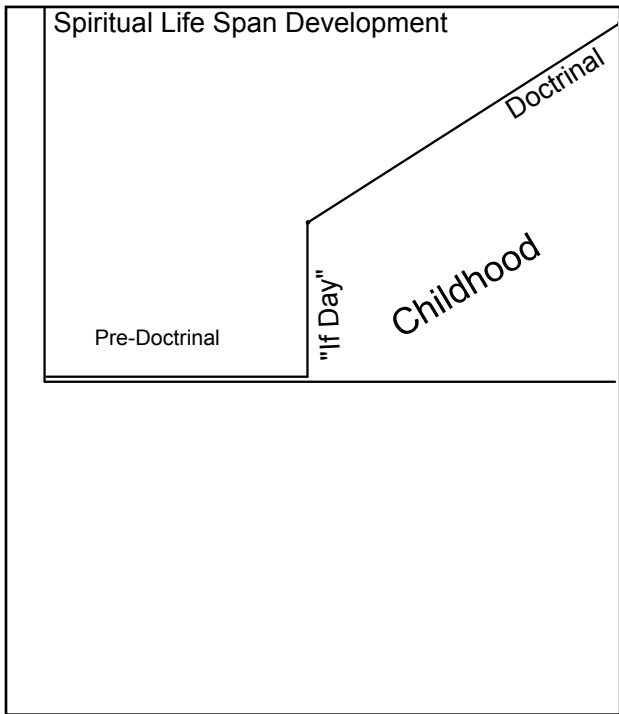
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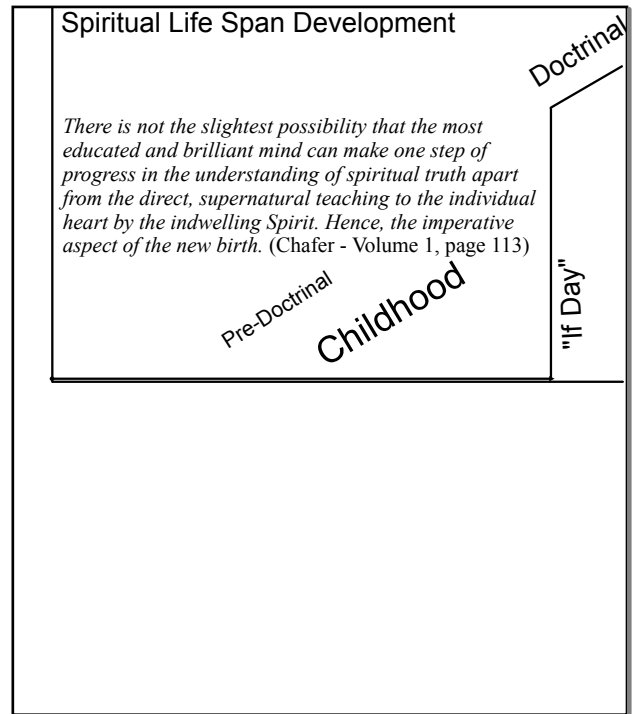
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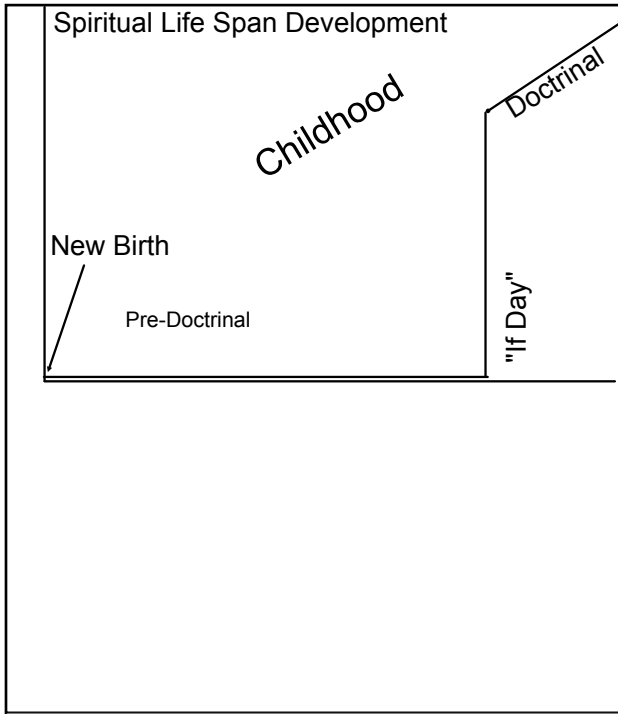
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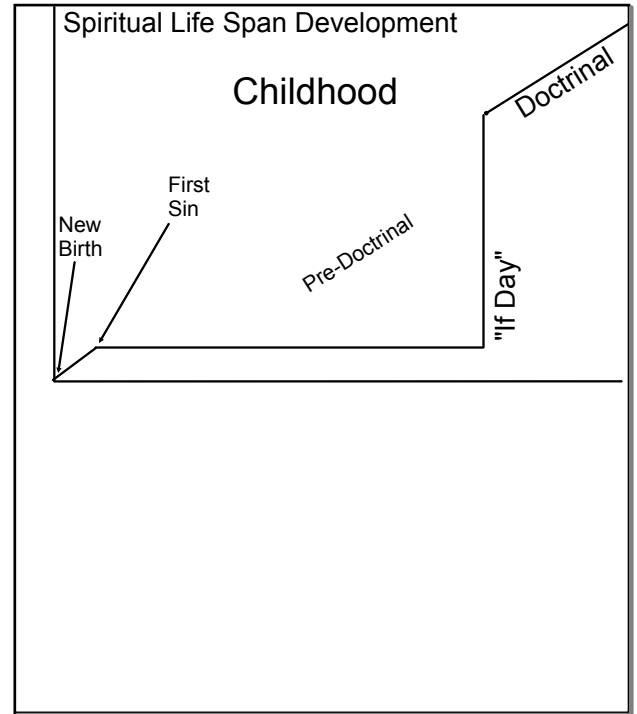
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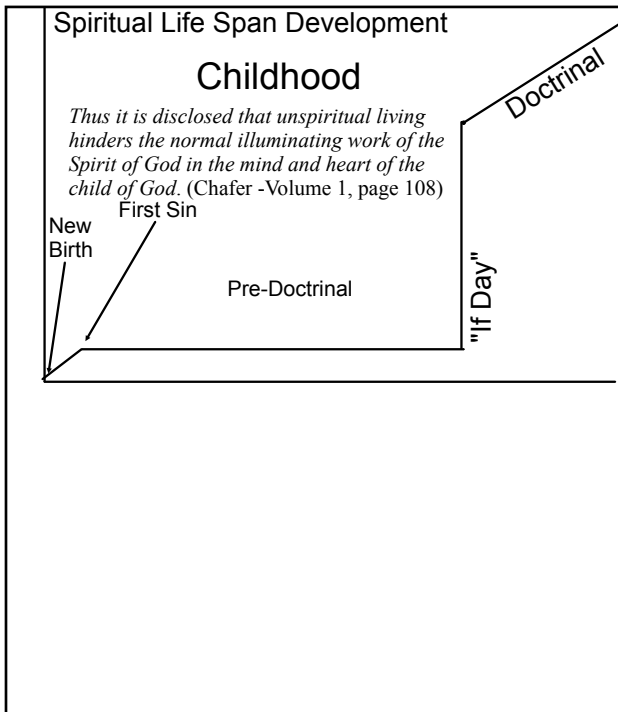
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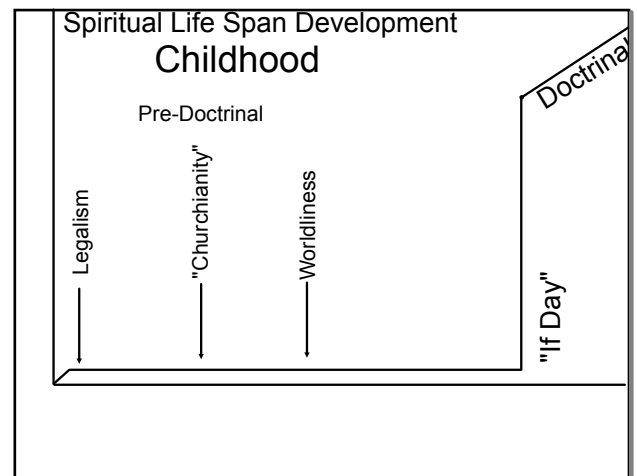
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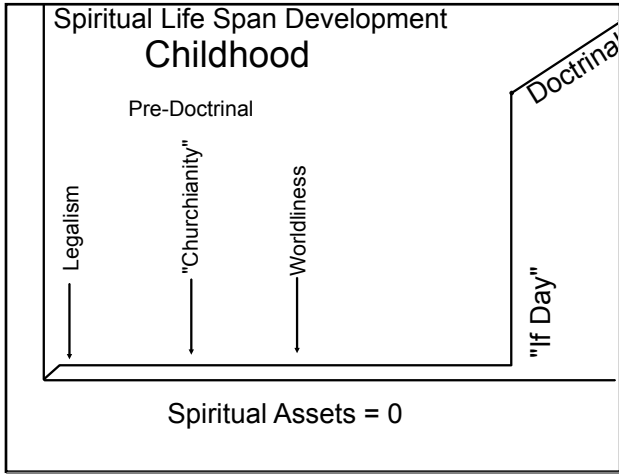
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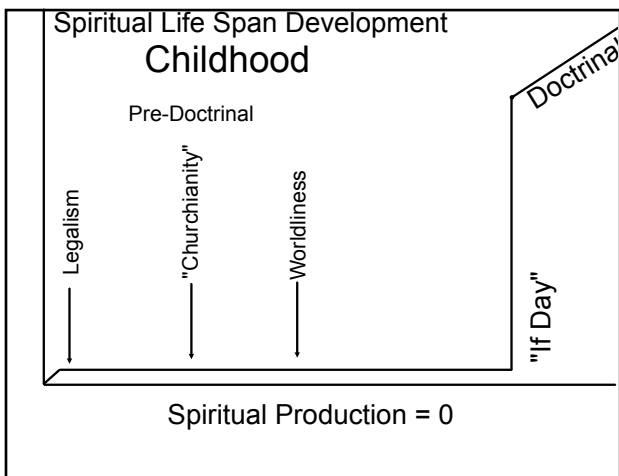
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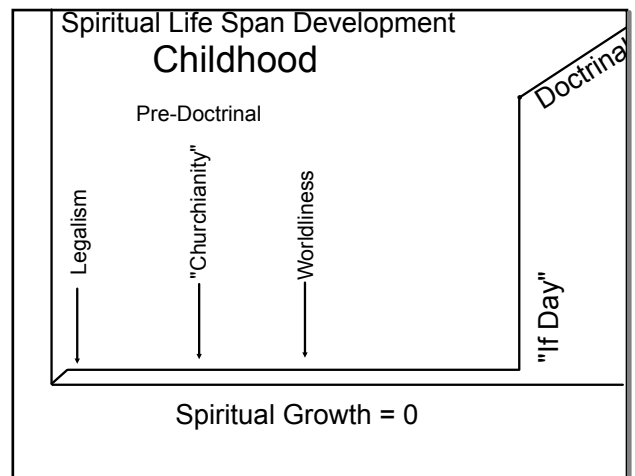
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Human good is the benevolent production or deeds of the believer who is under the control of the sin nature. The good deeds of a carnal Christian are indistinguishable from good deeds performed by an unbeliever, have no spiritual value, and are not rewardable in heaven.

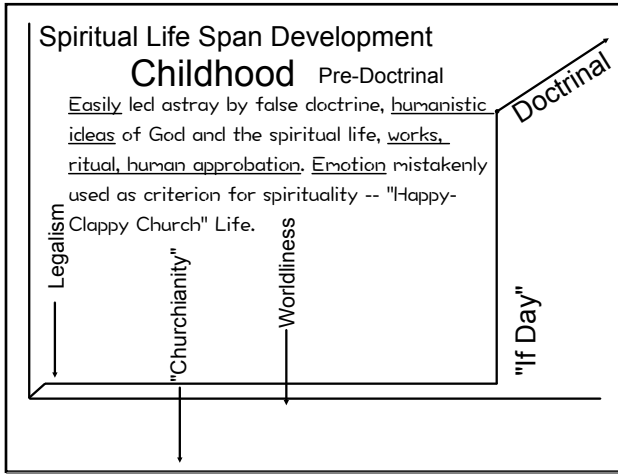
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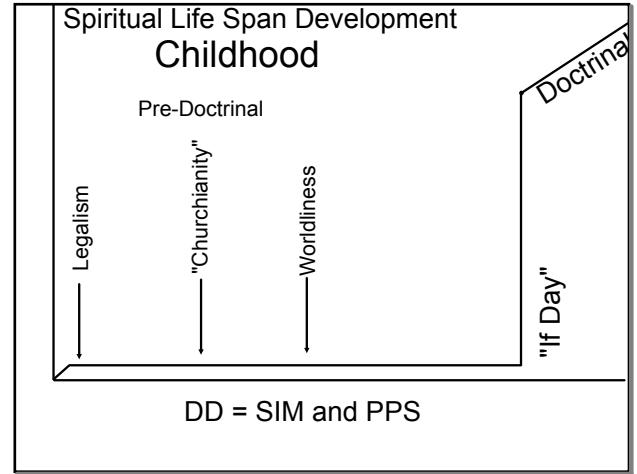
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The Work of The Holy Spirit in the Carnal Christian:

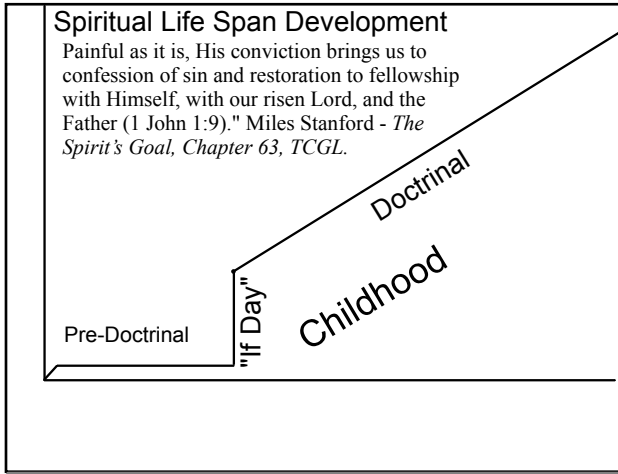
"We are exhorted in the Word neither to 'grieve' (by sinning) nor 'quench' (by resisting) the indwelling, sensitive *Holy* Spirit (Eph. 4:30, 1 Thess. 5:19). But this we do daily in the course of our spiritual development. Nevertheless, in the midst of the grief we cause Him by our sin, He carries on the work to which He was commissioned by our risen and glorified Lord. He does not sulk and quit His ministrations.

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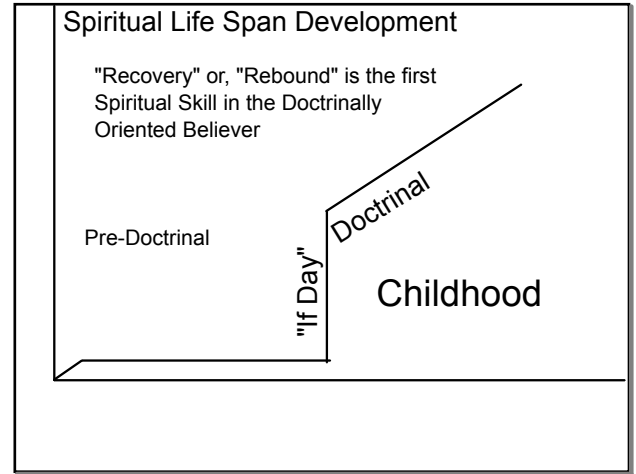
The Work of The Holy Spirit in the Carnal Christian:

The Holy Spirit took into consideration beforehand all that He would have to endure. He simply turns from fruit-bearing to conviction, and to chastening (child-training)."The Holy Spirit took into consideration beforehand all that He would have to endure. He simply turns from fruit-bearing to conviction, and to chastening (child-training). Painful as it is, His conviction brings us to confession of sin and restoration to fellowship with Himself, with our risen Lord, and the Father (1 John 1:9)." Miles Stanford - *The Spirit's Goal, Chapter 63, TCGL.*

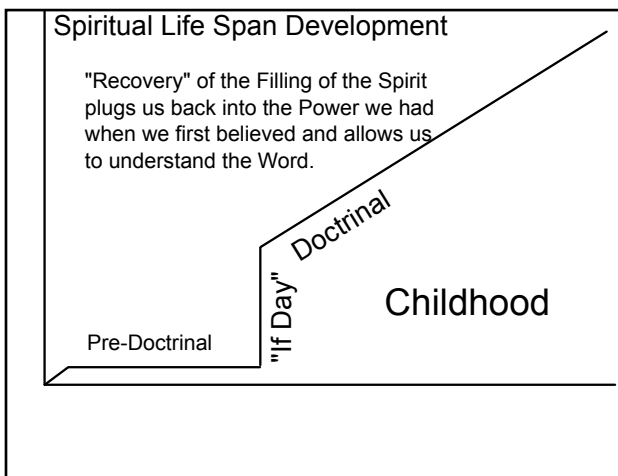
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DOCTRINE OF REBOUND
 Recovery, or Rebound, is the grace provision for the carnal believer to recover spirituality, the filling of the Holy Spirit, through naming sins privately to God the Father. This is the only method of restoring the believer's fellowship with God and resuming the spiritual life (Prov. 1:23; Eph. 5:14; cf., 5:18).

The basis for rebound is the efficacious death of Christ on the cross where He was judged for our sins (2 Cor. 5:21; 1 Pet. 2:24; 1 John 1:7).

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Doctrine of Availability of Divine Power

The Christian Way of Life can be lived only by a power greater than ourselves. We need God's supernatural power in order to be effective in the execution of His plan, purpose and will. This power has been given to each of us in the person of the Holy Spirit. When Jesus prophesied the indwelling of the Holy Spirit, He said He would send the Comforter. The word in Greek for Comforter is "parakletos" which means "someone called to the aid of another", particularly in the legal process. The "parakletos" would have therefore been an advisor, intercessor, mediator or advocate in a courtroom setting. In English we would use the word "lawyer."

We can see from the etymology of the word that "comforter" is a poor translation of "parakletos."

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The word more correctly connotes ability, aid, and assistance, rather than comfort from pain or distress. God the Holy Spirit was not sent to "pat us on the head" and tell us that all will be okay. The Holy Spirit was given to us to empower us, to guide us and to teach us. ([John 14:26](#), [15:26](#)) Jesus said, "You shall receive power ("dunamis" in Greek) after the Holy Spirit is come upon you...." ([Acts 1:8](#))

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After salvation the Holy Spirit provides the spiritual I.Q. for learning and applying Bible doctrine. ([I Corinthians 2:9-14](#))

The Gospel is the power of God unto salvation for the unbeliever, and God's Word (Bible doctrine) is powerful in the life of the believer when he is learning and applying it. ([Romans 1:16](#); [II Timothy 3:16-17](#); [Hebrews 4:12](#))

[John 4:24](#), tells us to worship God in Spirit (the filling of the Holy Spirit) and in truth (Bible doctrine).

Without the power of the Holy Spirit the believer has no spiritual life.

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Two Positive Commands

The utilization of the power of the Holy Spirit in the believer's life is a matter of personal volition. The believer must choose to allow the Holy Spirit to "fill" him.

"Be filled with the Holy Spirit" is one of the first positive commands after salvation.

The Greek word for "filling" is "pleroo" and has four meanings, all of which apply to the filling ministry of the Holy Spirit.

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1. To fill up a deficiency
2. To be fully possessed
3. To be fully influenced
4. To be filled with a certain quality

1. To fill up a deficiency – Without the power and control of the Holy Spirit, the believer has no ability learn and apply Bible doctrine. In other words, he is deficient of the doctrinal information necessary to execute the Christian Way of Life. ([Colossians 1:25](#); [1 John 4:4](#))
 2. To be fully possessed – Since God the Holy Spirit indwells every believer in this age, the potential exists for us to be fully controlled by God's supernatural power. This means that the believer can reside in God's plan by utilizing God's system. ([1 Corinthians 6:19-20](#))
- $DF = V + TRBD$ ^{FR}
 $FP = V + TRBD$ ^{MC}
- Pleroma

3. To be fully influenced – If the Holy Spirit is allowed to fill the deficiency and fully possess the believer's life, then every area of that life will be influenced by the power of the Holy Spirit. If the power of the Holy Spirit is rejected, the believer is going to be fully influenced by Satan's cosmic system. ([Galatians 5:16](#); [Ephesians 5:18](#))
 4. To be filled with a certain quality – There is no higher quality than the integrity of God. It is this quality that becomes resident in the soul of the believer as the Holy Spirit is allowed to control, possess and influence the soul. It is also this quality that leads a believer to spiritual maturity. ([Ephesians 3:19](#), [4:10](#); [Philippians 1:11](#); [1 John 1:4](#); [Revelation 3:2](#))
- $FI = V + TRBD$
 $CQ = V + TRBD$

The second positive command is to "walk by means of the Holy Spirit", which means the Holy Spirit is in control of our lives. By relying on the Holy Spirit to teach us and guide us we are depending on His power to control our lives. The control of the Holy Spirit in the life of the believer is limited only by the amount of Bible doctrine resident in his soul and his personal volition. It is Bible doctrine resident in your soul that the Holy Spirit uses to guide you. The Holy Spirit does not whisper in your ear and your conscience is not the same as the Holy Spirit. However, your conscience can be influenced by God's Word and by the Holy Spirit. In the Church Age in which we live, God speaks to us only through His Word.

$HA \neq PA$ ^{MC}
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There are at least four reasons for the necessity of this walk:

1. *To keep us from Satan's World System* ([John 15:18-20](#); [I John 2:15-17](#))
2. *To keep us from succumbing to the lust of the flesh* ([Romans 7:15-25](#))
3. *To keep us from the power of Satan* ([John 8:44](#); [II Corinthians 11:14](#); [Ephesians 6:12](#); [I Peter 5:8](#))
4. *To have the power to live our spiritual lives* ([Galatians 5:22-23](#); [John 13:34](#); [II Corinthians 10:5](#); [I Peter 2:9](#))

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Two Negative Commands

The first negative command is "stop grieving the Holy Spirit of God". Grieving means to bring sorrow, which is against the will of God, takes us out of fellowship with God and we lose the filling of the Holy Spirit. ([Ephesians 4:30](#))

The second negative command is "do not quench the Spirit." Quenching means to suppress or say "no" to the Holy Spirit, which is also against the will of God and causes us to lose the filling of the Holy Spirit and our fellowship with God. ([I Thessalonians 5:19](#))

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The results of grieving and quenching the Holy Spirit are:

1. *No power in prayer* ([John 15:7](#))
2. *No understanding of God's Word* ([I Corinthians 2:9-16](#))
3. *No joy or happiness in Christ* ([John 15:7-11](#))
4. *Discipline from God* ([Hebrews 12:3-15](#))
5. *Unable to produce divine good* ([I Corinthians 3:12-15](#))
6. *Unable to please God* ([Romans 8:8](#))

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When the believer chooses to sin, he cuts off the divine power source: God the Holy Spirit. Since God's power system and Satan's cosmic system are mutually exclusive, the believer is either in one or the other. If you are not residing in God's system, you are residing in Satan's. By residing in Satan's system, the Holy Spirit is either grieved and/or quenched and He is no longer able to function in the life of the believer. Returning to God's power system is a matter of acknowledging known sins directly to God. As a result, fellowship with God and the filling of the Holy Spirit are restored, and the believer is able once again to "walk by means of the Spirit." ([I John 1:5-10](#))

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Satan's Counterfeit

God's power system (the filling of the Holy Spirit) is the only effective way to execute His plan, purpose and will. It should not surprise us, therefore, to learn that Satan has a counterfeit plan that he uses to distract and deceive the believer.

The greatest counterfeit to the work of the Holy Spirit in the life of the believer is *emotion*. Given to us by God, emotion is a wonderful thing if kept in its proper place. Emotion is meant to be an appreciator. In this post-canon period, the works of the Holy Spirit are neither seen, heard nor felt. They are simply facts for us to believe. ([Romans 16:17-18](#); [Philippians 3:19](#))

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Romans 16: 17 Now I urge you, brethren, keep your eye on those who cause dissensions and hindrances contrary to the teaching which you learned, and turn away from them.

18 For such men are slaves, not of our Lord Christ but of their own emotions and by their smooth and flattering speech they deceive the hearts of the unsuspecting.

Philippians 3:19 whose end is destruction, whose god is their emotions and whose glory is in their shame, who set their minds on earthly things.

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Speaking in tongues, hearing the voice of God, seeing visions, performing miracles and healing the sick were legitimate for certain men in the early church as a "badge of authority" to authenticate their ministries.

These legitimate gifts from the Holy Spirit were never wrought with emotion, even in the early church.

Since we now have the completed Canon of Scripture, our "badge of authority" is found in the pages of God's Word. ([Acts 19:11-20](#); [Hebrews 2:3-4](#))

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God's Power System

At salvation every believer is baptized, indwelt and filled with the Holy Spirit. All of these ministries are entirely unfelt, unseen and undetected.

The baptism of the Spirit places us into union with Christ, so we can share His destiny and His inheritance. ([Romans 16:7](#); [I Corinthians 12:13](#); [II Corinthians 5:17](#))

The indwelling of the Spirit is permanent, creating a dwelling place in the believer for Christ. All believers in the Church Age are indwelt by the Holy Spirit, regardless of their spiritual health. The indwelling sets up the potential for power in the life of the believer. (I Corinthians 6:19; [John 14:20](#); [Colossians 1:27](#))

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The filling of the Holy Spirit is *God's power system* and *the believer's power source* for the proper execution of the Christian Way of Life.

The filling of the Holy Spirit is the one spiritual asset received at salvation that is revocable (based on the free will of the believer).

Even though we are continually commanded to be filled with (controlled by) the Holy Spirit, it is our responsibility to allow the Holy Spirit this control. Personal sin, of course, removes the filling of the Spirit and removes the believer from fellowship with God. This means that the believer has "unplugged himself" from the divine power source and is no longer operating by *God's power*.

However, this divine power is still available since the believer is permanently indwelt by the Holy Spirit. The believer must use God's recovery system and "plug himself" back into the power source by acknowledging his sin and resuming the Christian Way of Life under the control of God the Holy Spirit. ([John 1:5-10](#))

1 John 1:5 ^aThis is the message we have heard from Him and announce to you, that ^bGod is Light, and in Him there is no darkness at all.

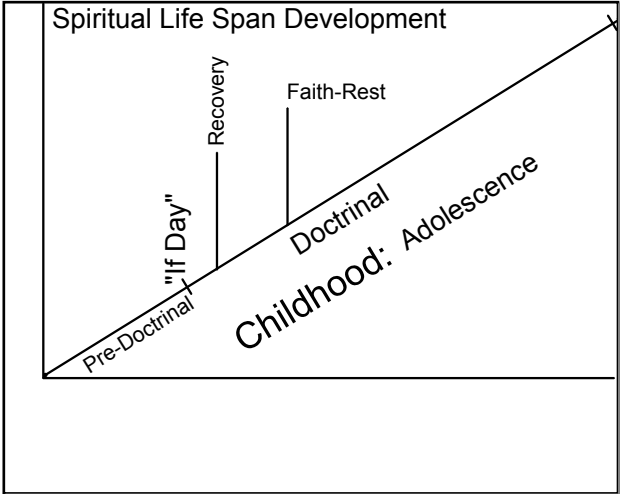
6 ^aIf we say that we have fellowship with Him and *yet* walk in the darkness, we ^blie and ^cdo not practice the truth;

7 but if we ^awalk in the Light as ^bHe Himself is in the Light, we have fellowship with one another, and ^cthe blood of Jesus His Son cleanses us from all sin.

8 ^aIf we say that we have no sin, we are deceiving ourselves and the ^btruth is not in us.

9 ^aIf we confess our sins, He is faithful and righteous to forgive us our sins and ^bto cleanse us from all unrighteousness.

10 ^aIf we say that we have not sinned, we ^bmake Him a liar and ^cHis word is not in us.



Faith-Rest (Trust Leading to Peace)
Introduction One of the consistent features of the Christian life is testing. We live in a fallen world, in an imperfect society, among people whose way of life is directed by Satan and their own sin natures. We cannot avoid the friction, conflict, or confrontation that results from this. We face daily disasters, small and great, which are brought on us suddenly by nature, by the ignorance or deliberate actions of other people, or even by our own mistakes and sins.

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Faith-Rest is God's plan for Christians who are going through testing, who are having problems. **Faith-Rest** is the means by which Christians can have JOY, a happiness in this life which does not depend on people, circumstances, or things. Think of it! God promises that you can have the peace and joy of God, in spite of what's happening in your life, in spite of the problems and testing that you are going through.

Your testing may be mild or severe, or anything in between. There are family troubles, money problems, social conflicts, problems on the job...the list is endless. The charge of the elephant, or the charge of the mosquito, will come at any time, and usually without warning.

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But you can always depend upon God's immediate and constant provision for you in your time of testing. He knows all about our tests before they occur and has made provisions in advance to meet our needs. (Eph. 1:3,4)

1 Cor. 10:13, *"These has no testing taken you but such as is common to man; but God will, with the testing, also make a way of escape, that you may be able to bear it."*



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Hebrews 4 tells us that the wilderness generation didn't find rest because they didn't trust God to keep His promises. There's no reason we (believers of the church age) have to make the same mistake."

Whether the test is small or great, it is allowed by God to measure our faith and our application of the things He has provided for us in this life.

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1 Peter 1:7 *"That the trial of your faith, being much more precious than of gold that perishes, though it be tried by fire, might be found unto praise and honor and glory at the appearing of Jesus Christ."*

1 Peter 5:6,7 *"Humble yourselves, therefore, under the mighty hand of God, that he may exalt you in due time, casting all your care upon him; for he cares for you."*

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Definition of Faith-Rest

Faith-Rest: the process of understanding, believing, and applying the doctrines and promises of God's Word in times of testing in the Christian life.

The term "faith-rest", and its definition above, is taken from the Scriptures in Hebrews 4:1,2 "Let us therefore fear lest, a promise being left us of entering into His **rest**, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them, but the word preached did not profit them, not being mixed with **faith** in them that heard it."

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A Rest for the People of God - Hebrews 3 & 4:

⁷ Therefore, as the Holy Spirit says,

^b "Today, if you hear his voice,

⁸ do not harden your hearts as in the rebellion, on the day of testing in the wilderness,

⁹ where your fathers put me to the test and saw my works for forty years.

¹⁰ Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.'

¹¹ "As I swore in my wrath, 'They shall not enter my rest.'"

¹² Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.

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¹³ But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin. ¹⁴ For we have come to share in Christ, if indeed we hold our original confidence firm to the end. ¹⁵ As it is said,

^b "Today, if you hear his voice, do not harden your hearts as in the rebellion."

¹⁶ For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? ¹⁷ And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness?

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¹⁸ And to whom did he swear that ¹they would not enter his rest, but to those who were disobedient? ¹⁹ So we see that ^mthey were unable to enter because of unbelief.

4 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem ⁿto have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because ^othey were not united by faith with those who listened.

¹ ³ For we who have believed enter that rest, as he has said,

*"As I swore in my wrath,
 'They shall not enter my rest,' "*
 although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: ^q"And God rested on the seventh day from all his works." ⁵ And again in this passage he said,
"They shall not enter my rest."

⁶ Since therefore it remains for some to enter it, and those who formerly received the good news ³failed to enter because of disobedience, ⁷ again he appoints a certain day,

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"Today," saying through David so long afterward, in the words already quoted,

*¹"Today, if you hear his voice,
 do not harden your hearts."*

⁸ For if Joshua had given them rest, God² would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also ^urested from his works as God did from his.

¹¹ Let us therefore strive to enter that rest, so ^vthat no one may fall by the same sort of disobedience.

¹² For ^wthe word of God is living and ^xactive, ^ysharper than any ^ztwo-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and ^adiscerning the thoughts and intentions of the heart.

¹³ And ^bno creature is hidden from his sight, but all are ^cnaked and exposed to the eyes of him to whom we must give account.

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Faith-Rest is designed to be used by the Christian throughout his lifetime, on a daily basis, as a technique for maintaining peace and spiritual balance during difficulties, problems, or disasters in life. **Faith-Rest** is one of the Christian's most important resources in making rapid progress toward Christian maturity and the production of divine good in the life.

There are two reasons why Christians fail to grow and prosper in the Christian life, and fail to profit from all the blessings, promises, and logistical provisions which God has put in place.

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The most common reason for failure to "enter into rest" is a lack of knowledge of God's plan and the assets He has provided for us. Christians who don't know what the Word of God says will never know the promises of God or the provisions He has made for testing.

The other reason for failure is seen in the Children of Israel of the wilderness generation. They heard the teaching but did not mix it with faith, so they did not enter into rest (the promised land).

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The Benefits of Faith-Rest

As a Christian grows in grace, he will use Faith-Rest with increasing skill and power, and it will support all of his divine viewpoint thinking and production. Faith-Rest relies entirely on the continuous ministry of the indwelling Holy Spirit, therefore the believer will benefit from Faith-Rest only when he is in fellowship, walking in the Spirit [ROM. 14:23].

Faith-Rest was the means of spirituality for believers in the Old Testament. [SEE HAB. 2:4; HEB. 11; ROM. 4:17-25] One of the principle passages relating to Faith-Rest is HEBREWS 3 AND 4, particularly the section from 3:6 to 4:16.

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Following are some principles of the Faith-Rest system:

* Faith-Rest is from God, Who is perfect. No human works or deeds can be added to this perfect divine provision.

* To enter into God's rest, the believer must cease from his deeds (human good) and enter into a rest in which he does no work. The Holy Spirit does the work, HEB. 3:7 TO 4:16.

* Faith is required, not works. Faith implies the absence of human merit. The merit for Faith-Rest lies in the object of faith, God the Father and His Word. The doctrines and promises of the Word must be mixed with faith, HEB. 4:1,2.

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* Faith-Rest produces a relaxed mental attitude and victory over mental attitude sins, Isa. 26:3,4; Rom. 5:5.
 * Faith-Rest is the basis for dynamics in prayer, Mt. 21:22; Mk. 11:25.
 * Faith-Rest is a principle of victory in spiritual warfare, Heb. 11:6; 1 Jn. 5:4,5.
 * Faith-Rest is a part of the Christian Way of Life in the Church Age, 2 Cor. 5:7.

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The extent to which Faith-Rest applies to every aspect of a believer's life can be seen in the more than 7,000 individual promises in the Bible which can be claimed by the Christian in one way or another. See, for example, 1 PET. 5:7; ISA. 41:10; PS. 4:8; 55:22; 56:3.

In order for Faith-Rest to function it is necessary for the Christian to take in the Word of God on a daily basis, so that he learns which promise provisions have been made available. And The Christian continually filled (controlled) by the Holy Spirit through confessing sin Biblically.

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Use of the Word of God in this manner provides the following benefits:

- * Inner rest, the "peace of God that passes all understanding."
- * A happiness (+H) that does not depend on people, circumstances, or things.
- * A relaxed mental attitude arising out of victory over sins of mental attitude.
- * The ability to have genuine personal love toward those close to you and genuine impersonal love toward others.
- * The desire to be occupied with Christ and to study God's Word more.
- * Divine provision for every need.

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The key to the success of the Faith-Rest system lies in the validity of the object of our faith, the Word of God. Therefore, every aspect of the perfect character (essence) of God the Father supports Faith-Rest.

How to Apply Faith-Rest

The objective of Bible teaching is the presentation of Bible doctrine which the Christian can use in his daily life. People differ in their abilities to retain and recall doctrines and promises when they are needed.

You never know when you will be required to use a particular doctrine, and you may be able to recall only a tiny amount of what you have heard from the Pastor-Teacher in the past.

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For this reason, you must take in doctrine on a daily basis so that usable doctrine accumulates gradually in small increments, line upon line and precept upon precept.

There must also be continuous repetition of important principles and reinforcement in learning how various Bible principles interrelate.

As you study the Bible you will discover that a divine frame of reference is being built in your soul by which you can receive, understand, and apply further doctrinal teaching.

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Truth builds upon truth. ISA. 28:10. You will see that God's viewpoint is gradually replacing your human viewpoint on many issues. You are building a set of divine standards by which you will be able to exercise wisdom and discernment and make correct decisions in life.

You will grow in spiritual maturity if you maintain continuous momentum in the Christian Way of Life for an extended period of time. Your personal intake of the Word of God constitutes its own reward as you benefits from living the truth.

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In the faith application of the Word of God, you will draw on your accumulated resources of Bible teaching in order to cope with your problems and take control of your own life. The Word of God in your soul makes you self-sustaining, independent of anything in the world system, and able to face life with courage and confidence as you fulfills God's plan for your life.

Faith-Rest, then, is designed by God as a versatile technique for overcoming problems in life. By FAITH you apply doctrine logically from the resources in your soul, meanwhile you are RESTING in the promises of the Word of God.

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The steps in the Faith-Rest technique are:

- 1. Establish fellowship with God (the filling of the Holy Spirit) through Biblical confession of sin.
- 2. You may then recover a relaxed mental attitude by claiming promises from the Word.
- 3. As a means of calling up divine viewpoint thinking, concentrate on pertinent doctrines related to the issue at hand.
- 4. Take control of the situation as you reach doctrinal conclusions.

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An Example of Faith Rest - Victory Over Fear

Because concentration on Bible truth is so important, your mental attitude is a prime target of Satan's attacks against the power of the Word of God. Mental attitude sins and doctrinal thought cannot coexist. Everyone is susceptible to various combinations of events, circumstances, or people who cause arrogance, bitterness, depression, self-pity, worry, anger - anything to block out God's thoughts.

One of your most potent enemies, for example, is fear. Fear is a mental attitude sin which shuts down thought and closes out divine viewpoint. No matter how much doctrine is resident in your soul, none of it will help if your mind is immobilized by fear.

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Note: It is not a sin to be scared, to be afraid of something that is dangerous or which threatens to harm you. Sinful fear, though, is a continuing morbid mental attitude in which you say, in effect, that God cannot or will not protect you in time of danger.

Fear opposes the believer's confidence and courage in the Christian Way of Life, 1 JN. 4:18. It is not surprising to find that one of the strategies most often used by Satan is that of causing believers to be filled with fear.

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To deal with fear, proceed as follows:

CONFESS SIN . Fear is a sin. While confession will not conquer fear, it must be the first step. The fear has caught you off guard and you must quickly recover your mental poise and your ability to think and use doctrine. Therefore, confession and restoration to fellowship is the first requirement.

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CLAIM PROMISES. Following confession of sin, recover a relaxed mental attitude by claiming promises found throughout the Word of God relating to fear, such as Isa. 41:10, "So do not fear, for I am with you, do not be dismayed, for I am your God. I will strengthen you, surely I will uphold you with my righteous right hand."

Rom. 8:28, "For we know in fact, that to those who love God, he works all things together for good, to those who are the called ones according to a predetermined plan."

If you don't remember many good promises, look them up in a concordance, look at a list of promises, or call a friend for some help.

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A promise is God's guarantee, a capsule statement of Bible doctrine on which to anchor your mental attitude. A promise expresses the character of God and provides you with an instant perspective on things and gives you the ability to reduce the most complicated situation to utmost simplicity. Where panic reigned, peace can now be restored.

Note: claiming promises is never an end in itself. It is only the beginning of the application of Faith-Rest. Promises cannot sustain a relaxed mental attitude and they cannot solve complex problems. Promises are used to make possible the most important phase of Faith-Rest, doctrinal thinking.

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APPLY DOCTRINE. Your concentration on doctrine in Bible class and in your studies has brought doctrine into your soul. Now you will apply this doctrine by moving it to the front of your mind to meet the demands of the moment. You will apply a "rationale" to the situation.

A "rationale" is a "reasoned exposition of principles or statements of reasons; a set of reasoned rules or directions." By mentally tracing out the principles related to a crisis, you are re-explaining to yourself the basic concepts of doctrine that apply to the situation.

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This is necessary because fear and the accompanying emotions have revolted against thought, and you must take conscious and deliberate steps to reinstate the rightful authority in your soul.

You could, for example, think through some conclusions derived from ROM. 8:29,30, "For those God foreknew He also predestined to be conformed to the likeness of His Son, that He might be the firstborn among many brothers, and those He predestinated, He also called, those He called, He also justified; those He justified He also glorified."

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Your thought process might go like this ...

First, "God thought about me in eternity past."

Next, "He designed a perfect plan for me in eternity past."

Then, "He chose me for a privileged part in His plan."

Therefore, "God can bless me right now because I possess His righteousness."

Finally, "God will bless me forever in Heaven."

These simple statements are really a set of five basic doctrines which help restore divine viewpoint thinking.

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By using this system of concentrating on doctrines which you have already learned, you can immediately recall your place in the overall picture of God's grace.

By this faith application of doctrine, you can become stabilized and regain objectivity.

77

TAKE CONTROL OF THE SITUATION.

Romans 8:31,32, "What conclusion are we forced to face with these things? Since God is for us, Who is against us? Who did not spare His own unique Son, but delivered Him over on our behalf, how shall He not with Him graciously give us all things."

These conclusions, stated in these verses as rhetorical questions, enable you to take control of situations which formerly caused fear and anxiety. With objectivity and confidence restored, you can evaluate your circumstances and make the decision or take the action which your own wisdom and discernment dictate as the solution to the problem.

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Even if the problem is hopeless, completely beyond your control, you can still cope with it by intelligently trusting the Lord for a solution.

Any Bible doctrine you have stored in your human spirit can be developed into a rationale to meet a test or crisis in your life.

At one time or another you will need every doctrine that you have had an opportunity to learn.

If you find yourself lacking inner resources in time of crisis, it means that you have not prepared yourself in advance for the testing. Testing will come, ready or not.

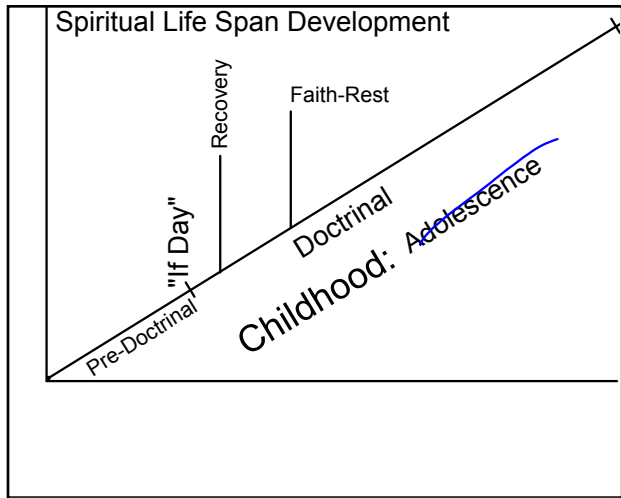
In using Faith-Rest principles, you are employing the thinking of God and His eternal wisdom as your own guide and counsel.

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Faith Rest entails two levels of Maturity:

1. Promises.
2. Doctrinal Rationales.

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Characteristics of Spiritual Childhood	
Recovery (1Jn1:9)	Faith-Rest (Heb. 4)
<ul style="list-style-type: none"> Usage of spiritual life (1Jn1:9) is <u>faith</u> to <u>apostolic</u>, increasing in duration and consistency with repetition, as <u>human ideas</u> of God and the spiritual life become less dominant. 	
<ul style="list-style-type: none"> "Faith-Rest" is <u>restricted</u> to claiming simple promises and learning Basic Bible at a rudimentary level. Easily distracted and threatened. Concentration <u>pace</u> to <u>apostolic</u>. 	
<ul style="list-style-type: none"> <u>Still, but less easily</u> led astray by false doctrine, <u>humanistic ideas</u> of God and the spiritual life, <u>works</u>, <u>ritual</u>, <u>human superstition</u>, <u>Emotions</u> are mistakenly used as criterion for spirituality - "Happy-Clappy Church Life" 	
<ul style="list-style-type: none"> Negative Valition is evidenced by loss of curiosity, legalism, prickliness (hypersensitivity), stubbornness, a bizarre twisting of what is read or heard (reversal of what is clearly meant by a Bible verse or a person's words). 	
Bible Study	
<ul style="list-style-type: none"> Only in Bible Class, which is <u>gently</u> or <u>aggressively</u> attended. > Interest is in the "Miraculous" or Eschatology. 	
Relationship-to-God	
<ul style="list-style-type: none"> Feebly, touchy, emotional Doing things = spirituality Moralistic = spirituality Legalisms = spirituality Judgmental 	