

## New Covenant Principles: Lesson 7 - Rest

The first six principles gave the foundation for receiving what Jesus has provided for you in his Will and Testament (the New Covenant). This seventh principle is the key to actually receiving the contents of Jesus' Will. When you know you are totally forgiven, made righteous, delivered from the curse, and deeply loved, you are enabled to live in the goodness and blessing of God and to use your dominion to change the natural circumstances. Living in rest is the lifestyle that releases the New Covenant blessings in your life; the lifestyle of '**Resting in the Completed Work of Jesus**', which is the opposite of living by self effort.

Rest is the combination of the following activities:

- The result of knowing you are loved, which enables you to rely on God to do the work.
- Believing what God says, not what your mind, education or circumstances say.
- Giving up trying to do things by your own efforts.
- Living in God's love for you by casting all cares and concerns on Jesus.
- A state of mind that embraces the New Covenant promises; everything Jesus purchased for you.

This lesson looks at what it means to rest and how to become one who lives continually in a state of rest. To start off with, write out the following key scripture on rest:

**Hebrews 4:9-10.** \_\_\_\_\_  
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In **verse 9**, what has God provided for you? \_\_\_\_\_

In **verse 10**, how does God say you enter into rest? \_\_\_\_\_

In **verse 10**, what did God cease from? \_\_\_\_\_. Read **Genesis 2:2-3**. What had happened that allowed God to rest? \_\_\_\_\_. Read **John 19:30**. What 'work of man' was finished that gives you the right to rest? \_\_\_\_\_  
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To make sure we understand the importance of entering into and living in rest, God set up a very strong analogy for us in the lives of the children of Israel. Let's look at this in the passage leading into Hebrews **4:9-10**. Read **Hebrews 3:7-11**. This is referring to the example of the Israelites being led to the Promised Land but not entering into it because of the report of the spies. What do you think the phrase "harden not your hearts" means in this context? \_\_\_\_\_. Because of their unbelief, they spent 40 years in the wilderness and everyone over 20 years of age (except Joshua and Caleb) died without seeing the Promised Land. The analogy of Israel's promised land for us is the promises of God that Jesus paid for on the cross – living free from the curse and enjoying heavenly life now. Given the caution in verse 8, do you think it's possible for Christians to miss out on the benefits of Jesus death today? \_\_\_\_\_

Now read **Hebrews 3:12-14**. In verse 12 what causes people to miss out on the benefits? \_\_\_\_\_. What are we to exhort one another with daily? \_\_\_\_\_. What can harden you against believing on Jesus and entering into His rest? \_\_\_\_\_. The deceitfulness of sin is where sin deludes you into thinking it provides benefits to you (pleasure, protection,

provision, etc.) rather than believing in the goodness of God for the benefits. **Verse 14** shows how not to get a hard heart: by holding fast (believing) to the truth that you are a partaker (joint heir) with Jesus and have all of God's benefits available to you – because Jesus already paid for you to have them.

Now read **Hebrews 3:18-19**. What stopped the Jews entering into the land? \_\_\_\_\_

What is the promise in **Hebrews 4:1**. \_\_\_\_\_

What does **Hebrews 4:2** say is the reason for the Israelites not profiting from the promise God gave them of entering into His rest (the promised land of Canaan)? \_\_\_\_\_

Read **Hebrews 4:3-11**. Review your answers to the questions on **Hebrews 3:9-10** back on page 1. How are you going to enter into God's rest? \_\_\_\_\_. **Verse 11** instructs you to "labor to enter" (KJV). Here the Greek word for labor really means 'be diligent or prompt'. This means being diligent to bring every doubt to Jesus and getting His answer. Don't try to fix it by your own efforts. Jesus' faith has already provided the answer, so you just need to remain in rest and receive from God.

OK, now you know how important it is to rest, it's time to delve into what is involved in resting – how do I do that? The previous studies have laid the foundation. When you get ongoing revelations of how much God loves you, you are on your way to learning to rest in everything. Why, because you know that He is for you, He has the answers, He has already gone into your future and declared it good, He only has good things planned for you, things beyond your current understanding (**1 Corinthians 2:9**). These revelations should take you "back to childhood" – to the way of living where you didn't have a care in the world because your parents looked after the cares (at least that's what it was supposed to be like). Since God is a far better parent than humans are, it's His job to "look after you" and He has covenanted to do so with all of His resources. He just needs you to get out of the way and let Him do it. Read **Matthew 11:28-30** and **1 Peter 5:7**. Casting IT on Jesus is getting out of the way. You cannot get out of the way if you don't trust He will do it, especially if it doesn't happen immediately.

So let's look at three key revelations about God's love that He needs you to have in order to rest. When you grasp these foundational things, He will add more depth to these revelations as you spend time with Him.

The first basic revelation is the vastness of 'what Jesus has done for you'.

Write out **2 Peter 1:3** \_\_\_\_\_

What have you been given? \_\_\_\_\_

The Greek uses the perfect tense for the verb 'given'. This it is an event that occurred in the past, at a point in time and has ongoing results. This tells us that God gave you everything when Jesus died and rose again. So the ongoing results are what you receive and enjoy now (intimacy with God and freedom from the curse).

What does this verse say is the method by which you get all of God's provision? \_\_\_\_\_

How do you get to know Jesus? \_\_\_\_\_

What are you called to enjoy? \_\_\_\_\_

Read **Colossians 2:13-15** and **2 Corinthians 5:21**. What did Jesus have to do to make everything available to you?

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The reality of what Jesus did on the cross is beyond what most people understand. Since He was not subject to death (He was not born in sin), He could not die until He was ready too and He would not die until He had totally paid the price for Adam’s treason. The whipping the Romans gave him should have killed him within 15 minutes. Burly Roman soldiers took pride in their ability to kill a man with the whip. But Jesus remained alive, because the whipping was only part of the price he had to pay. Then He went to the cross and for 6 hours He hung in incredible agony absorbing the complete wrath of God against sin and the curse of man’s fall. Then when He had paid the total price He cried “IT IS FINISHED” and rested His head and dismissed His spirit. In this act His body paid the price to deliver you from the curse that is in the earth and His blood made you righteous, restoring your relationship with God.

Write out **Isaiah 53 5**. \_\_\_\_\_  
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\_\_\_\_\_

Now meditate on this verse and write down what the Holy Spirit shows you about what Jesus did for you. \_\_\_\_\_  
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Write **Galatians 1:4**. \_\_\_\_\_  
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What does this verse say God’s will for you is? \_\_\_\_\_

So, how do you get to live in God’s will; free from the curse (this present evil world)? That is the second basic revelation God want s you to have is ‘knowing what Jesus is doing for you right now; every day that you live’.

Write out **Hebrews 9:15**. \_\_\_\_\_  
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What does a mediator do? \_\_\_\_\_

What is Jesus now mediating for you? \_\_\_\_\_

By His death Jesus redeemed you from the law (first testament = old covenant) and He now mediates the New Covenant (testament – His will) for you. As the mediator (today we use the term “executor”) of His own will, He wants to make sure you get everything He purchased, which this verse sums up as “the promise of eternal inheritance”. List some of the things your eternal inheritance includes (**Deuteronomy 28:2-14, Psalm 91, Psalm 103:3-6, Galatians 5:22-23, Ephesians 3:16-20**, and many more). \_\_\_\_\_  
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The third basic revelation is ‘finding out how God says you should receive His supply’.

Write out **Romans 12:2**. \_\_\_\_\_

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What does God want your life to show (prove) to other people? \_\_\_\_\_

We need to renew our mind to the reality of what God’s perfect will for us is – living free from the curse. List some of the things that are part of the curse. (For a big list you can to read **Deuteronomy 28:16-68**)

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Write out **Hebrews 4:16**. \_\_\_\_\_

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Once you know what you have and what has been removed from you, you have made a major step in learning to rest. You boldly ask, receive and thank God for everything He supplies (mercy and grace) and you reject everything of the curse. You use your authority to declare God’s provision and the same authority to tell the curse and everything of evil to depart from your life and the lives of others connected to you.

Read **Exodus 20:3-17**. What is man’s role in the Old Covenant? \_\_\_\_\_

Read **Hebrews 8:10-12**. What is man’s role in the New Covenant? \_\_\_\_\_

Notice the total opposites here. The Old Covenant requires man to do everything, where the New requires man to do nothing. Read **Hebrews 10:9**. What has happened to the Old Covenant? \_\_\_\_\_

Rest is a totally New Covenant concept; it is letting go of doing things yourself and letting God do it through you.

The task of **Hebrews 4:11** “labor to rest” is fighting the good fight of faith (**1 Timothy 6:12**) which is summarized in **2 Corinthians 10:5**. Write out this verse: \_\_\_\_\_

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Knowing what you have been delivered from and what has been given to you by Jesus is essential to being able to bring every thought into captivity – thinking that lines up with what Jesus has made you and given you. This rest is what enables you to reign in life, as stated in **Romans 5:17**. What two things does this verse say you need to receive? \_\_\_\_\_. Knowing you are made righteous because of God’s love for you and receiving His divine favor (grace) is what enables you to rest.