

New Covenant Inheritance: Lesson 6 – Peace and Rest

This lesson looks at the fourth nation that was squatting on the Promised Land. **Genesis 15:20** identifies them as the Hittites. They represent another bondage of Satan that Adam's failure put man under. But we have now been freed from it because of Jesus. Let's look at the Hebrew meaning of this name and see what it typifies as the fourth aspect of our inheritance.

Hittites – 'Cheth taph yud' [H2850] from root word 'Cheth taph taph' [H2865]

Strong's definition of the root word is: *A primitive root; properly to prostrate; hence to break down, either (literally) by violence, or (figuratively) by confusion and fear: - abolish, affright, be (make) afraid, amaze, beat down, discourage, (cause to) dismay, go down, scare, terrify.*

Satan has beaten down and discouraged mankind with violence, confusion and fear. Jesus released us from these and restored to us what God gave Adam in Eden. The lifting up of us and the removal of confusion and fear is what the peace of God provides. At John the baptist's circumcision ceremony, Zachariah prophesied that Jesus would "guide our feet into the way of peace". Interestingly, Jesus imparted his peace to his disciples.

Write out **John 14:27**: _____

How does the world impart peace? _____.

By contrast, how does Jesus impart peace? _____.

According to Jesus, what hinders his peace from being in our lives? _____.

Whose job is it to keep our hearts free from trouble and fear? _____.

The Greek word for peace is 'eirene'. Strong's defines this as [G1515] *Probably from a primary verb eiro (to join); peace (literally or figuratively); by implication prosperity: - one, peace, quietness, rest, + set at one again.*

The peace of God is a spiritual force that comes from within us. Adam lost this when he disobeyed God and it was replaced by fear (**Genesis 3:10** – he hid from God because of fear). Jesus reversed this at the cross and restored to Christians the peace of God. Jesus lived in the peace all his life; he lived in the same state Adam was in before he fell. Jesus lived in perfect peace, enjoying an intimate communion with Father God. That is what has been placed into each one of us. Hence there is no room for fear. Because of Strong's definition of 'eirene', I included our rest as part of the peace that has been given to us. It is when we let God's peace flow through our soul, from our inner man, that we experience the rest that God designed for us. This is the rest we receive as part of our inheritance. Where there is no fear, you can rest. Paul summed this up in **Philippians 4:6-7**: *Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.* I recommend you go back and review NCP lesson 7 on Rest, to refresh yourself on this benefit of peace. Now answer the following questions:

Should we have any cares? _____.

What should we do with any cares that try to come on us (**1 Peter 5:7**)? _____.

How do we do this (**Matthew 11:28-30**)? _____.

What is the “proper attitude” for making requests by prayer and supplication (v6)? _____.

What does this proper attitude do? _____.

Is God’s peace something the human mind can comprehend? _____.

Write out **Isaiah 26:3**. _____

Trusting that Jesus has it all sorted out for you is what releases his perfect peace into your soul; which enables you to rest. The second clause of the New Covenant “I will be their God, and they shall be my people” (**Hebrews 8:10**) is your foundation for this trust. God swore in blood that he would deal with your cares. Resting in the completed work of Jesus is the result of God’s perfect peace filling you with the assurance that “all is well, because of Jesus”.

The Hebrew word for peace is Shalom [H7965] which Strong’s defines as “*From [H7999]; safe, that is, (figuratively) well, happy, friendly; also (abstractly) welfare, that is, health, prosperity, peace: - X do, familiar, X fare, favour, + friend, X greet, (good) health, (X perfect, such as be at) peace (-able, -ably), prosper (-ity, -ous), rest, safe (-ly), salute, welfare, (X all is, be) well, X wholly.*”

The root word for shalom is Shalam [H7999] which Strong’s defines as “*A primitive root; to be safe (in mind, body or estate); figuratively to be (causatively make) completed; by implication to be friendly; by extension to reciprocate (in various applications): - make amends, (make an) end, finish, full, give again, make good, (re-) pay (again), (make) (to) (be at) peace (-able), that is perfect, perform, (make) prosper (-ous), recompense, render, requite, make restitution, restore, reward, X surely.*”

The peace of God that passes all understanding is much more than the common human understanding of peace as being “the absence of conflict”. Two simple definitions of true peace are “everything provided, everything perfect” and “nothing missing, nothing broken”. God’s covenant of peace (**Isaiah 54:10**) encompasses our total welfare: health, prosperity, provision, protection, restoration, good relationships, completeness, and so on. That is why He covenanted to “be our God and us his people” (**Hebrews 8:10**).

Let’s study some scriptures where God talks about His peace. Read **Psalms 4** and answer the following:

Who is God to us (v1)? _____.

What has he done for us (v3)? _____.

What does he always do when we call to him (v3)? _____.

What are we to do on our beds (v4)? _____.

What are our sacrifices of righteousness (v5)? _____.

How does God show us good (v6)? _____.

What has God put inside us (v7)? _____.

What do you lie down and sleep in (v8)? _____.

What can only God do for you (v8)? _____.

Write out **Psalms 37:37**: _____.

Are you a perfect and upright human? _____

How did you enter into this state? _____

What is the inheritance that this verse says God has given you? _____

Meditate on **Proverbs 3:1-18** from a New Covenant mindset regarding law (believe) and commandments (rest).

What does this lifestyle add to you (v2)? _____

What paths does Holy Spirit lead you in (v17)? _____

What is Jesus the Prince of (**Isaiah 9:6**)? _____

What characteristic of Jesus' government shall never end (**Isaiah 9:7**)? _____

What was Jesus chastised for (**Isaiah 53:5**)? _____

What are the characteristics of the Kingdom of God (**Romans 14:17**)? _____

Who is Jesus to us (**Ephesians 2:14**)? _____

Jesus frequently said "fear not" and "be not afraid". Whether it was in life threatening situations like the storm on the lake, or Jairus' daughter being dead, or to his calling Peter to follow him, or to meeting the ladies at the tomb, Jesus knew the consequences of fear and never wanted anyone living in that state.

Fear enables the results of the curse to manifest in men: from sickness to confusion, to doubt, to anxiety, to stress and so on. These physical and soul conditions are the product of death - the separation of man from God who is life. Self effort is man's attempt to overcome this fear and to produce a measure of peace and rest in this life. Yet true peace and rest only comes from God, through Jesus and His completed work.

Now read **Luke 24:36-38**. What was the state of the disciples (v37)? _____

What did Jesus say to allay this fear (36)? _____

What did the disciples think Jesus was (v37)? _____

In **Luke 24:38** Jesus gives a clear insight into what causes fear in people. The Greek word for thoughts also means internal doubt, reasoning and imaginations. The natural human mind always goes to the negative and produces fear. This is one of the reasons that we are instructed in **Romans 12:2** to be renewed in our thinking and in **Philippians 4:8** to think on the positive things. My paraphrase of what Paul says in **Philippians 4:9** is 'that when we think the way God thinks (which results in us acting the way Paul did), then the God of peace is with us'. Notice how our God is described here – "the God of peace (eirene/shalom)". He is the God of nothing missing and nothing broken. This is the working of the second clause of the New Covenant: 'God being our God'. His whole plan for our lives is for us to live totally blessed, protected and provided for. He has release His power to make this a reality, but most Christians prevent this happening by operating in mixture (self-effort) and fear.

The only weapon Satan has to keep people in bondage is the fear of death (**Hebrews 2:15**). The "fear of death" is synonymous with "being afraid of God". Since death is separation from God, the fear that consumes man is that he will be eternally separated from God. Human reasoning and/or self-effort (be it in performance, philosophy, psychology, theology, rationale, etc.) attempts to eradicate this fear, but inside the dead spirit (an un-born again one) every man knows this fear. Only when we are circumcised in heart (**Romans 2:29**) are we able to live free from fear. The fear of death (of eternal separation from God -life) is the producer of condemnation and guilt

because it carries the expectation of punishment for failure. Whenever we fail to live righteously, guilt comes upon us and, if we accept it, condemnation rears its ugly head. The fight of faith is: knowing that I am righteous, receiving God’s forgiveness and rejecting guilt. This enables the peace of God to fill our minds and manifest in our lives and circumstances. It enables us to live without sinning.

Read **John 20:19-21**. What did Jesus impart to the disciples? _____.

Why do you think he did this? _____.

What did the disciples need to have before they could be sent out (v21)? _____.

In **Philippians 4:7**, what does God’s peace do? _____.

The Greek for “keep” means “*protect, mount guard, hem in, and be a watcher in advance*”. So the peace of God is the force that protects our minds from fear, guilt, condemnation and the temptations and lies of the Devil.

1 Corinthians 15:25-26 says that death is the final enemy to be put under Jesus’ feet. Since Jesus has already destroyed Satan (**Hebrews 2:14**), the only weapon Satan has left is keeping man under the bondage of fear; which means getting man to be afraid of God. He does this by getting man to believe that God is angry or upset with him every time he messes up. This is borne out by **1 Peter 5:8** which states that the devil “*as a roaring lion, walketh about, seeking whom he may devour.*” Using scripture to interpret scripture, **Proverbs 20:2** says “*the wrath of the king (God) is as the roaring of a lion*”. Anytime we feel God is angry with us, or not listening to us, or we feel guilty because we have failed him, we just got “roared at” by Satan. Reject that lie. God has sworn by covenant that He will never be angry with us or rebuke us (**Isaiah 54:9**) and that the covenant of His peace shall never be removed from us (**Isaiah 54:10**). Embrace the peace and rest of God that has been established in us by covenant inheritance; there is no wall of separation between us and God (**Ephesians 2:14**).

Colossians 3:14-15 says that love (“charity” in KJV) is superimposed on us (“above all these things put on” in KJV) and it enables us to let peace do what (v15)? _____.

According to **1 John 4:18**, what is the origin of God’s peace? _____.

What does **Romans 8:15** say we have not received? _____.

What spirit have we received? _____.

What does **2 Timothy 1:7** say we have not received? _____.

How is the spirit we have received described? _____.

Living in the peace of God is a choice that we make. The peace that flows from our hearts is like a traffic light. The presence of peace is a green light and the absence of it (i.e. a “scratchiness” or “restlessness”) is a red light. Peace is part of the “unction” of Holy Spirit (**1 John 2:20**) that teaches us all things (God’s ways). **Psalms 91** is a beautiful covenant psalm about God’s peace that I recommend you meditate on and memorize. When we abide in Him, we live in peace – free from fear, disaster, accidents, disease, calamity, sickness, poverty, lack and so on. God has covenanted to keep us in all our ways, to honor us and give us a long, satisfying life. Our part is to renew our minds to his continuous love and promises, to accepting and believing what he says and to following Holy Spirit’s guiding within us. This is the reality of resting in the completed work of Jesus. Peace and rest is your inheritance; so live in it every day. Shalom, shalom to you and your loved ones.