

Doctrine of Faith-Rest

1. The Fear Panic Ploy

1.1 It is possible to spend much time in the Word of God and fall apart in an emergency or time of great pressure and personal testing.

1.1.1 Recognize this as fact.

1.2 Sudden disaster can bring a believer to a point where he cannot concentrate on doctrine, nor perceive that God is in charge.

1.3 It is therefore important for us to know that the difference between fear and courage is our ability to concentrate objectively while under pressure.

1.3.1 This means we must be able to recall previously learned doctrine.

1.4 The coward cannot think under pressure, while the man of courage can summon his senses and think of the solution rather than the problem.

1.5 Concentration is required to learn and apply doctrine under pressure.

1.5.1 Fear destroys the ability to concentrate.

1.6 Adversity, suffering and disaster all destroy concentration, both in learning and applying doctrine.

1.7 The suddenness or intensity of disaster causes panic and hinders the ability to concentrate.

1.8 The normal reaction to disaster is fear and with fear comes panic, however, it is abnormal for the mature believer when fear is permitted to continue.

1.9 Since fear is so prevalent, detrimental and a mental attitude sin, the Bible has many imperatives relating thereto.

Deu 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Deu 31:7 Then Moses summoned Joshua and said to him in the presence of all Israel, "Be strong and courageous, for you must go with this people into the land that the LORD swore to their forefathers to give them, and you must divide it among them as their inheritance.

Deu 31:8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

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 and help you; I will uphold you with my righteous right hand.

Isa 41:11 "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

Isa 41:12 Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.

Isa 41:13 For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

2Ti 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2. The loss of prosperity, loss of loved one, loss of health, loss of work, experiencing critical illness, etc., can all produce fear.

2.1 Fear makes difficult the recall of Biblical promises.

3. The loss of things we deem valuable produces instant panic, and the mind must be stabilized before doctrine can be applied.

4. The solution to the fear problem is found in the use of the faith-rest technique, i.e., by recycling Biblical promises to abrogate fear.

5. David uses the Faith-Rest technique when he says he will slam his troubles on the Lord.

Psa 56:3 When I am afraid, I will trust (**Batach** means to slam trouble down or it also has the meaning of hiding in a cave) in you.

6. The fear of death is evil and the fear of death comes from the devil.

Psa 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Heb 2:14 Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;

Heb 2:15 And deliver them who through fear of death were all their lifetime subject to bondage.

7. Fear and evil cover the land today, in the form of fears about a lack of energy, war, depression, revolution, destruction of the environment etc.

8. God has delivered us from fear and all forces which motivate fear.

8.1 Through the Faith-Rest drill you can and should have a relaxed mental attitude toward all these things.

Job 5:19 From six calamities he will rescue you; in seven no harm will befall you.

Job 5:20 In famine he will ransom you from death, and in battle from the stroke of the sword.

Job 5:21 You will be protected from the lash of the tongue, and need not fear when destruction comes.

Job 5:22 You will laugh at destruction and famine, and need not fear the beasts of the earth.

Job 5:23 For you will have a covenant with the stones of the field, and the wild animals will be at peace with you.

Job 5:24 You will know that your tent is secure; you will take stock of your property and find nothing missing.

Job 5:25 You will know that your children will be many, and your descendants like the grass of the earth.

Job 5:26 You will come to the grave in full vigor, like sheaves gathered in season.

Job 5:27 "We have examined this, and it is true. So hear it and apply it to yourself."

9. We should take in the Word so we can know about our security.

Rom 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Rom 8:29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

Rom 8:30 Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

Rom 8:31 What shall we then say to these things? If God be for us, who can be against us?

Rom 8:32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

Rom 8:33 Who shall lay anything to the charge of God's elect? It is God that justifieth.

Rom 8:34 Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

Rom 8:35 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

Rom 8:36 As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

Rom 8:37 Nay, in all these things we are more than conquerors through him that loved us.

Rom 8:38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

Rom 8:39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

10. We should give thanks in all things, the bad, as well as the good.

1Th 5:18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

11. Each believer should get under the authority of his pastor-teacher, metabolize doctrine and cast all cares on God.

1Pe 5:2 Be shepherds of God's flock that is under your care, serving as overseers--not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve;

1Pe 5:3 not lording it over those entrusted to you, but being examples to the flock.

1Pe 5:4 And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.

1Pe 5:5 Young men, in the same way be submissive to those who are older. All of you clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble."

1Pe 5:6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1Pe 5:7 Cast all your anxiety on him because he cares for you.

12. When in trouble don't assume you know it all; because you certainly don't says the Lord.

Jer 33:52 "This is what the LORD says, he who made the earth, the LORD who formed it and established it--the LORD is his name:

Jer 33:53 'Call to me and I will answer you and tell you great and unsearchable things you do not know.'

13. Prayer, when properly applied, will facilitate recovery from anxiety.

Phi 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Phi 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1Ti 2:1 I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;

1Ti 2:2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.

1Ti 2:3 For this is good and acceptable in the sight of God our Saviour;

14. No matter what the fight or the odds, the battle is the Lord's.

1Sa 17:47 And all this assembly shall know that the LORD saveth not with sword and spear: for the battle is the LORD'S, now Goliath God will give you into our hands.

15. God's timing is perfect and this includes both life and death.

2Ti 4:6 For I am now ready to be offered, and the time of my departure is at hand.

2Ti 4:7 I have fought a good fight, I have finished my course, I have kept the faith:

2Ti 4:8 Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

16. As we earlier noted in 2Ti 1:7, "God has not given us the spirit of fear but rather He gives power, love and a sound mind."

1Co 2:5 That your faith should not stand in the wisdom of men, but in the power of God.

17. How we handle a normal day is how we handle an abnormal day, i.e., are we going to think human or divine viewpoint.

Psa 56:3 When I am afraid, I will trust in you.

Psa 56:4 In God, whose word I praise, in God I trust; I will not be afraid ...

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isa 26:4 Trust ye in the LORD forever: for in the LORD JEHOVAH is everlasting strength:

18. A major Faith-Rest principle is eternal security.

19. You cannot Faith-Rest if you doubt the efficacy of Christ's work.

20. To use the Faith-Rest drill you must be confident in your position in Christ.

21. If we worry over sin, we become casualties in the angelic conflict.

21.1 Sin is no longer an issue, all sin was nailed to the cross; when we cite a sin to God it is forgotten; we are forgiven and purified.

1Jo 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

1Jo 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1Jo 1:10 If we say that we have not sinned, we make him a liar, and his word is not in us.

1Jo 2:1 My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

Phi 3:13 ... forgetting those things which are behind, and reaching forth unto those things which are before,

Rom 8:32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

22. We therefore should cling to the following promises.

Rom 8:31 What shall we then say to these things? If God be for us, who can be against us?

Phi 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

1Co 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Eph 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

Jude 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

Jude 1:25 To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.

Pro 3:6 in all your ways acknowledge him, and he will make your paths straight.

Pro 14:26 He who fears the LORD has a secure fortress, and for his children it will be a refuge.

Psa 118:8 It is better to take refuge in the LORD than to trust in man.

Psa 118:9 It is better to take refuge in the LORD than to trust in princes.

Isa 30:20 Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them.

Isa 30:21 Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Mat 10:30 But the very hairs of your head are all numbered.

Eph 3:12 In Christ Jesus we have boldness and a confident access to the Father with boldness because we have believed on the Name of the only born One of God.

1Pe 5:6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

1Pe 5:7 Casting all your care upon him; for he careth for you.

23. The mechanics of the Faith-Rest technique are:

23.1 Claim a promise to stabilize the mind - God works all things together for the good.

23.2 Use reverse process concentration:

- Foreknowledge: God thought about me in eternity past.

- Predestination: God had a plan for me in eternity past.
- Election: God saw my choices and chose me.
- Justification: God can now bless me because He is propitiated.
- Glorification: God is exalted when I am blessed.

23.3 Reach doctrinal conclusions:

- If God is for me who can be against me?
- God saved me when I was His enemy; how shall He not now provide for me now that I am family?

24. Conclusion-When you are caught up in some dreadful disaster; remember that no matter how grave the danger, as a mature believer, you are perfectly safe in the Lord's hands.

Deu 1:17 Ye shall not respect persons in judgment; but ye shall hear the small as well as the great; ye shall not be afraid of the face of man; for the judgment is God's: and the cause that is too hard for you, bring it unto me, and I will hear it.

Psa 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psa 23:5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Psa 23:6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

Heb 4:2 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.

Heb 4:3 For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.