

OPERATING FROM A PLACE OF REST

INTRODUCTION

Rest is not inactivity; it is a divine posture. It is the position of Christ, the enthroned Son, seated at the right hand of the Father. To operate from Christ is therefore to operate from rest. (Hebrews 10:12-13) "But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God, ¹³from that time waiting till His enemies are made His footstool." So, rest flows from the finished work of Christ. It is the evidence that all internal warfare has been subdued and that the soul has been brought under the rule of divine peace. Christ is not pacing heaven - He is seated. The enthroned posture of the Son reveals both completion and confidence. **To be in Christ is to share in that posture**, to function from a realm where **striving ceases and divine order prevails**. When the believer's internal world is aligned with the peace of God, external storms lose their authority.

Rest is the atmosphere of accuracy. **It is the absence of anxiety**, the **quick resolution of inner conflict**, the **refusal to retaliate**, the **expression of gentleness**, and the maintenance of **gladness regardless of circumstance**. It is a sign that the mind has been renewed, and the heart established in grace. *"For we who have believed do enter that rest..."* (Hebrews 4:3 NKJV). Consider the following incidents:

1. Jesus asleep in the storm (Matthew 8:24-25). The tempest raged, but the Word made flesh was unshaken. His rest was not ignorance of danger; **it was dominion over it**.
2. Likewise, Peter slept in prison between two soldiers (Acts 12:6-7). While others were anxious, he embodied the tranquillity of divine trust. His chains fell off in the same environment that threatened to destroy him, proving that rest is the seedbed of supernatural deliverance.

Operating from a place of rest means **functioning from a state of victory**, rather than striving for it. **It is the posture of those who know that the battle is already won**, that the heavens have been reconciled, and that all authority flows from the throne of peace. From this rest, revelation is clear, decisions are precise, and execution is effortless. In this dimension, we no longer strive for results - we manifest them. For in Christ, rest is not the cessation of work, but the divine way of working. *"Be still and know that I am God"* (Psalm 46:10).

CHARACTERISTICS OF REST

The Rest Of God

Gen 2:2-3 "And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. ³Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made."

- The rest of God is a seventh-day position.

3 POSITIONS:

1. **Rest of the Spirit** – this is eternal life – the gift of salvation.
2. **Rest of the Soul** – an ongoing growth process of one's mind, emotions, and will.
3. **Body Rest** – this is immortality at the time of the return of Christ.
 - Christ is at rest, seated at the right hand. To operate from Christ is to operate from rest.

FEATURES OF THE REST ARE

1. Ruling Over Negative Emotions- Anger, Bitterness, Hatred
2. Established In One's Call
3. Satisfied (Contentment And Non-Competitiveness)
4. Tranquillity (Peace) - Absence Of Worry
5. Internal Conflicts Resolved Quickly
6. Non-Retaliation And Gentleness
7. Gladness

AMPLIFICATION

1. Ruling Over Negative Emotions- Anger, Bitterness, Hatred

Ps 110:2 "The LORD shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies!"

Consider the Following Truths and Promises:

- a) **God's Promises of Protection** (Ps 4:8) "I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety."
 - o 2 Cor 1:20 "For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us."
- b) **Preservation** (Ps 31:23) "Oh, love the LORD, all you, His saints! For the LORD preserves the faithful and fully repays the proud person."
 - o Ps 121:8 "The LORD shall preserve your going out and your coming in from this time forth, and even forevermore."
 - o Ps 145:20 "The LORD preserves all who love Him, but all the wicked He will destroy."
 - o Proverbs 2:8 "He guards the paths of justice and preserves the way of His saints."
- c) **Removal Of Obstacles** (Isa 45:2) "I will go before you and make the crooked places straight; I will break in pieces the gates of bronze and cut the bars of iron."
 - o Isa 40:4 "Every valley shall be exalted and every mountain and hill brought low; the crooked places shall be made straight and the rough places smooth".
- d) **Oversight** (2 Chr 16:9) "For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. In this you have done foolishly; therefore, from now on you shall have wars."
 - o 1 Pet 3:12 "For the eyes of the Lord are on the righteous, and His ears are open to their prayers; but the face of the Lord is against those who do evil."
- e) **Take Over Your Troubles** (Exodus 14:14) "The LORD will fight for you, and you shall hold your peace."
 - o 2 Chr 32:8 "With him is an arm of flesh; but with us is the LORD our God, to help us and to fight our battles." And the people were strengthened by the words of Hezekiah, king of Judah.
 - o 2 Chr 20:15 "And he said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.'"

- Hebrews 13:6 "So we may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'"

f) Expose The Way (Isa 30:21) "Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' whenever you turn to the right hand or whenever you turn to the left."

- Isa 42:16 "I will bring the blind by a way they did not know; I will lead them in paths they have not known. I will make darkness light before them, and crooked places straight. These things I will do for them, and not forsake them."
- Ps 18:28 "For You will light my lamp; the LORD my God will enlighten my darkness."

g) Covering

- **Refuge** (Ps 46:1-2) "God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea."
- **Fortress** (Ps 18:2) "The LORD is my rock and my fortress and my deliverer; my God, my strength, in whom I will trust; my shield and the horn of my salvation, my stronghold."
- **Hiding Place** (Ps 32:7) "You are my hiding place; you shall preserve me from trouble; you shall surround me with songs of deliverance. Selah"
- **Shield** (Ps 3:3) "But You, O LORD, are a shield for me, my glory and the One who lifts up my head."

h) Triumph (Mal 4:2-3) "But to you who fear My name the Sun of Righteousness shall arise with healing in His wings; and you shall go out and grow fat like stall-fed calves. You shall trample the wicked, for they shall be ashes under the soles of your feet on the day that I do this," says the LORD of hosts."

- 2 Cor 2:14-17 "Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place. ¹⁵For we are to God the fragrance of Christ among those who are being saved and among those who are perishing. ¹⁶To the one we are the aroma of death leading to death, and to the other the aroma of life leading to life. And who is sufficient for these things? ¹⁷For we are not, as so many, peddling the word of God; but as of sincerity, but as from God, we speak in the sight of God in Christ."
- Deuteronomy 28:7 "The LORD will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways."
- Psalm 44:5 "Through You we will push down our enemies; through Your name we will trample those who rise up against us."
- Romans 16:20 "And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen."
- Psalm 41:11 "By this I know that You are well pleased with me, because my enemy does not triumph over me."
- Luke 10:19 "Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you."

i) Invincibility (Mark 16:18) "they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

- Isaiah 59:19 "So shall they fear the name of the LORD from the west, and His glory from the rising of the sun; when the enemy comes in like a flood, the Spirit of the LORD will lift up a standard against him."
- Matthew 16:18 "And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it."
- Isaiah 54:17 "No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the LORD, and their righteousness is from Me," says the LORD."

j) Overshadowing Presence (Isaiah 43:2) "When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you."

- Isaiah 41:10 "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."
- Psalm 125:2 "As the mountains surround Jerusalem, so the LORD surrounds His people from this time forth and forever."
- Zechariah 2:5 "For I,' says the LORD, 'will be a wall of fire all around her, and I will be the glory in her midst.'
- I John 4:4 "You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world."

k) Name (Proverbs 18:10) "The name of the LORD is a strong tower; the righteous run to it and are safe."

2. Established In One's Call (Security)

Rest begins where insecurity ends. The man who is established in his call no longer competes - he completes. When you are secure in your divine assignment, you operate from a place of rest, not reaction. Insecurity produces striving; security produces serenity. Those who are not at rest are easily provoked by the success of others, but those established in Christ **rejoice when others advance**, for they discern that promotion within the Body is corporate, not competitive. True rest is the fruit of divine acceptance. It is the posture that says, "*I am content in the portion God has measured for me.*" Paul wrote, "By the grace of God I am what I am..." (1 Corinthians 15:10). Rest is therefore alignment with grace, knowing that every measure, every gift, and every assignment originates from God and serves His collective purpose.

Abraham and Lot present a classic pattern (Genesis 13:5–12). When strife arose between their herdsmen, Abraham, secured in his covenant and confident in God's promise, chose peace over possession. He gave Lot the liberty to choose first, proving that a man at rest never fears loss. Restful leaders do not fight for territory; they inherit it.

Saul, on the other hand, was never at rest. His throne was established by divine appointment, yet insecurity corrupted his discernment. When David began to emerge, Saul's restlessness turned into rage. **The moment Saul compared himself to another, he forfeited his peace.** Insecurity became the entry point for torment "*But the Spirit of the Lord departed from Saul, and a distressing spirit from the Lord troubled him*" (1 Samuel 16:14 NKJV). Restlessness opens the hedge; peace preserves it.

This is why the **Father-Son wineskin** is an accurate and divine operating system. A true father rejoices in the rising of his sons; he is not intimidated by their success, for he sees it as the extension of his own seed. "I have no greater joy than to hear that my children walk in truth" (3 John 1:4). Inaccurate fathers compete; accurate fathers celebrate. To operate from rest, you must **overcome the internal storms of anger, bitterness, and hatred**. These are spiritual toxins that erode immunity and disqualify dominion. The

moment anger rules you, rest leaves you. The moment bitterness occupies your heart, accuracy departs. "For the wrath of man does not produce the righteousness of God" (James 1:20). Rest is the strength of the ruler. Dominion is maintained by composure. To rule in the midst of your enemies (Psalm 110:2), you must remain unshaken by their presence. The throne is for the calm, not the chaotic.

3. Satisfied (Contentment And Non-Competitiveness)

Rest produces satisfaction, and satisfaction anchors the soul in divine contentment. The restless heart is constantly comparing, competing, and complaining. But the heart at rest rejoices in its portion and celebrates the grace of God without striving. Contentment is not resignation; it is recognition, acknowledging that the Father has measured every man's boundary with precision and love. The **Shunammite woman** exemplified this disposition (2 Kings 4:13). When offered influence and promotion, an audience with the king, or even a commander, her response revealed her inner rest: "*I dwell among my own people.*" She needed no external validation to confirm internal fulfillment. Her satisfaction in divine placement became the platform for divine visitation. Rest attracted reward.

The **Psalmist** understood this same mystery: "*O Lord, You are the portion of my inheritance and my cup; You maintain my lot. The lines have fallen to me in pleasant places; yes, I have a good inheritance*" (Psalm 16:5-6 NKJV). To be satisfied in God is to know that your lines, your assignment, sphere, and portion are pleasant because they were drawn by a loving hand. Rest is not the absence of ambition; it is the sanctification of ambition under divine sovereignty. In a restless world, contentment is warfare. "*All the days of the afflicted are evil, but he who is of a merry heart has a continual feast*" (Proverbs 15:15). **A heart at rest becomes an altar of perpetual joy.** Such a believer feasts daily on grace while others starve on comparison.

Paul reinforces this posture when he writes, "*Let each one remain in the same calling in which he was called*" (1 Corinthians 7:20). Whether slave or free, rich or poor, visible or hidden, rest comes from knowing that identity is not in position but in possession of the Lord. The one called a servant is the Lord's freedman; the one called free is Christ's servant. Contentment, therefore, is the fruit of revelation—seeing purpose in every placement.

When you are satisfied with your measure, you become non-competitive in your ministry. The grace of another no longer threatens you; it inspires you. Those who operate from rest know that the kingdom is not built by rivalry but by synergy. "*The body is one and has many members*" (1 Corinthians 12:12). Each part is complete in its function and joyful in its contribution.

Restful leaders do not chase relevance; they manifest accuracy. They understand that significance is not proven by visibility but by obedience to divine design. From this place of contentment flows divine confidence: no envy, no anxiety, no need to perform. For the Father Himself is your portion, your cup, and your exceeding great reward (Genesis 15:1).

4. Tranquillity (Peace) - Absence of Worry

Rest manifests as tranquillity, the divine stillness that governs the soul even when storms rage externally. The one who operates from rest is not easily shaken because his peace flows from an enthroned Christ, not from external conditions. "*You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You*" (Isaiah 26:3 NKJV). The **tranquil believer** is unmoved by turbulence. He has learned that worry is a violation of divine order, a subtle declaration that God's sovereignty is insufficient.

Restful believers do not panic when the waves rise; they discern that the storm itself is an opportunity to reveal dominion. Consider the following incidents:

- **Jesus sleeping in the storm** (Matthew 8:24-25) is the perfect image of rest in motion. Though the sea was raging, the disciples were terrified, yet Jesus was asleep. When He arose, He rebuked both wind and wave with one decree: *"Peace, be still!"* demonstrating that authority is the voice of internal rest. You cannot command peace around you if you have not established peace within you.
- Similarly, **Peter sleeping in prison** (Acts 12:6-7) reveals the maturity of a soul anchored in divine trust. Bound with chains, guarded by soldiers, and facing execution, Peter chose to rest. His rest summoned divine intervention, an angelic visitation that broke his chains and opened the prison doors. Worry drains strength, but peace builds immunity. Anxiety is the enemy's entry point; tranquillity is the believer's fortress. *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus"* (Philippians 4:6-7 NKJV).

Operating from rest is, therefore, operating from a state of peace. It is functioning from the seat of divine calm, where perspective is clear and judgment is accurate. The tranquil leader is not driven by fear or reaction but by revelation. He knows that divine government flows from peace, for Christ's throne is established in righteousness and ruled by tranquillity. When storms arise, remember: the Prince of Peace is not pacing the heavens - He is seated. And those seated with Him learn to govern with the same stillness. From this posture, we declare, *"The Lord will fight for you; you need only to be still"* (Exodus 14:14).

5. Internal Conflicts Resolved Quickly

Rest is impossible where inner conflict remains unresolved. True rest is not the absence of external battles but the mastery of internal ones. When your inner world is governed by peace, no external situation can destabilize your composure or corrupt your discernment. Internal rest is the foundation of spiritual authority. The man at rest is not driven by resentment, regret, or retaliation. He understands that murmuring and offence are breaches in the hedge of peace. Complaining is the language of unbelief; thanksgiving is the language of rest. *"Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation"* (Philippians 2:14-15 NKJV).

Joseph stands as a classic model of internal rest. Betrayed by his brothers, sold into slavery, and unjustly imprisoned, he refused to rehearse his pain. He never allowed the injustice of others to infect his spirit. His rest preserved his perspective; he saw purpose in betrayal and destiny in disappointment. At the end of his journey, his words revealed his inner posture: *"You meant evil against me; but God meant it for good"* (Genesis 50:20 NKJV). When the heart is healed, the eyes see accurately.

Similarly, **David turned away from Eliab** (1Samuel 17:29-30). When his elder brother accused him of pride and wrong motives, David did not engage in defence or dispute. He turned away and refocused on purpose: *"Is there not a cause?"* Turning away is the act of a man who values assignment over argument. Restful men do not waste energy on unnecessary battles; they channel their strength toward divine intention.

To operate from rest, **you must learn to settle your spirit quickly**. The longer an offence lingers, the deeper its roots grow. Offence is spiritual static; it disrupts the clarity of revelation and obstructs the flow of grace. *"Great peace have those who love Your law, and nothing causes them to stumble"* (Psalm 119:165 NKJV). Rest is maintained

when forgiveness is immediate, peace is prioritized, and emotional turbulence is subdued by truth. The accurate builder resolves inner turmoil before it mutates into external conflict, for a man who has conquered himself can rule in any environment. *"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city"* (Proverbs 16:32 NKJV). When internal conflicts are resolved quickly, accuracy is restored, discernment is sharpened, and dominion flows unhindered. A tranquil spirit becomes the throne from which divine wisdom governs. The sons who master their inner storms will command peace in every external one.

6. Non-Retaliation

David and Shimei (2 Sam 16:10-12) "But the king said, 'What have I to do with you, you sons of Zeruiah? So let him curse, because the Lord has said to him, 'Curse David.' Who then shall say, 'Why have you done so?' ¹¹ And David said to Abishai and all his servants, See how my son who came from my own body seeks my life. How much more now may this Benjamite? Let him alone, and let him curse; for so the Lord has ordered him."

Jesus and his accusers (Mark 15:4-5) "Then Pilate asked Him again, saying, "Do You answer nothing? See how many things they testify against You!" ⁵ But Jesus still answered nothing, so that Pilate marvelled."

- Isa 40:11 "He will feed His flock like a shepherd; he will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young. "
- 2 Cor 10:1 "Now I, Paul, myself am pleading with you by the meekness and gentleness of Christ-- who in presence am lowly among you, but being absent am bold toward you."

7. Gladness

Gladness is the fragrance of rest. It is the outward manifestation of an inward peace, the song of a soul that knows everything is complete in Christ. A heart anchored in divine rest cannot remain gloomy, for gladness is not circumstantial; it is covenantal. It flows from revelation, not from relief.

Rest produces joy because rest is faith at ease. When the heart trusts, it rejoices. *"All the days of the afflicted are evil, but he who is of a merry heart has a continual feast"* (Proverbs 15:15 NKJV). A merry heart does not wait for a breakthrough to celebrate; it celebrates because a **breakthrough has already been secured in Christ**. The one who lives from rest feasts continually, even in famine, because his supply is not earthly but eternal. *"A merry heart does good, like medicine, but a broken spirit dries the bones"* (Proverbs 17:22 NKJV).

Gladness heals; murmuring destroys. The joyful believer releases healing into his environment. Joy oxygenizes faith and strengthens the inner man. When the spirit is whole, the body and the atmosphere respond accordingly. The **apostles Paul and Silas** embodied this posture in Acts 16:25. Imprisoned, beaten, and bound, they refused to let chains silence their song. *"At midnight, Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them."* Their gladness became a weapon. As they worshiped, foundations shifted, doors opened, and chains fell. Restful joy releases governmental authority; the sound of gladness shakes what striving cannot move.

True gladness is the ability to rejoice in the midst of pressure because your confidence is anchored in reconciliation. *"And not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation"* (Romans 5:11 NKJV). When you know that all things are reconciled in Christ, your heart becomes untroubled, your mouth becomes thankful, and your atmosphere becomes expectant with peace. Gladness is a sign that you are not reacting to life, but rather

you are operating from a place of rest. To operate from a place of rest is to live in perpetual gladness. It is to smile in storms, sing in confinement, and celebrate in uncertainty — not because of denial, but because of divine perspective. *“Rejoice in the Lord always. Again I will say, rejoice!”* (Philippians 4:4 NKJV).

**Grace, Peace, And Joy to You
Amen!**