**A cross on a cliff

AI-generated content may be incorrect.**

**A Return to God’s Rest (Hebrews 4); Re-Learning the Unforced rhythms of Grace**

And by the seventh day God completed His work which He had done, and He rested (ceased) on the seventh day from all His work which He had done. So God blessed the seventh day and sanctified it [as His own, that is, set it apart as holy from other days], because in it He rested from all His work which He had created and done.

Genesis 2:2-3

Did God rest? Yes, He did. A ‘REST’ borne not out of exhaustion/ fatigue/ tiredness but from **Completion of Creation** {chaos 🡪 order 🡪Rest} [Exodus 31:12-17]. For we know that our **Everlasting God, the Lord, the Creator of the ends of the earth Does not become tired or grow weary;** [**Isaiah 40:28].** Though He does not grow weary. His ‘Rest’ is about accessing a **serene state** of being (**being** rather than doing).

*“Serene describes a state of calmness and tranquillity, free from disturbance/turmoil/chaos or chaotic/disturbed/restless/troubled/noisy/nervous/tumultuous/commotion/disorderly/upset, agitation/anxiety/upset/apprehensive/troubled. It brings a sense of peace and clarity, allowing the mind and heart to be in calm and composed thus the body is in a relaxed mode. Whether in nature or within oneself, serenity creates an atmosphere of stillness and harmony. It is often associated with a gentle, untroubled presence, unaffected by chaos or noise. In moments of serenity, there is a quiet strength that fosters reflection and a deeper connection with the inner self.”*

Now, has your life in attempt to do the “things” that God has called you do, (good Christian/good steward mentality). Doing what ‘needs’ to be done led to a frantic (chaotic) and stressful (worrying) demands and pressure of trying to keep up? Do you sense a surge of BURNOUT- weariness and tension in doing what you must do- putting human effort in your work calling/ministry?

This is as a result of chronic anxiety, and the stress of trying to “Make Your Life Count for God”

A good example of this is found in **Luke 10:38-42**, Jesus in a village called Bethany and Martha a disciple of Christ welcomes Him into her home. Instead of sitting down and listening to Christ she gets immersed …***busy and distracted with all of her serving responsibilities.***

Her sister Mary on the other hand is***seated at the Lord’s feet and was keenly listening to His teaching.*** And so, she makes a complaint to Jesus ***“Lord, is it of no concern to You that my sister has left me to do the serving alone? Tell her to help me and do her part.”***

Jesus replies to her

“Martha, Martha, you are worried and bothered and anxious about so many things; but only one thing is necessary, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her.”

Martha unlike her sister has placed **ALL** her focus on a **TO DO LIST**, many things to be executed **FOR** Christ. She is Result driven (practical), doing things FOR Jesus to be counted worthy.

While Mary’s **COMPLETE** attention is **ON ETERNITY** ‘*seated at the Lord’s* ***feet’* IN His Presence**, focus ON Jesus. She is “still” quiet contemplative (idealistic), resting at His feet looking on to Him… already worthy IN Christ alone

What an Irony; Martha invited Jesus to her home; therefore, she should be the one at the front seat paying close attention to Him. For salvation has come to her doorstep, in her living room. Yet its quiet the opposite, she is level 100 preoccupied and anxious about ‘entertaining’ her **Chief-Guest**. The serving obligations have overwhelmed her alone; thus, her **grievances and offense** towards her sister is from a burnout heart and mind (trusting her OWN abilities) … I cannot do this alone; I need another set of hands. Lord, chastise my sister on my behalf so she can help me; can she not see that I am worn out, I am weary, and I am drained.

Jesus’ response to Martha catches us off guard, He tells her that only one thing that is **needed/necessary** is that which Mary has chosen …**the better portion [Hebrews 12:1-2]. Only Christ is needed, true productivity (efficiency) is found sitting at His feet-IN His Presence. Seekers of the Kingdom of God** **and His righteousness [His way of doing and being right—the attitude and character of God] FIRST** [Matthew 6:25-34]. Then the rest will follow, will be done, will be in alignment/track.

Today, we have disciples of Christ like Martha. I included recently found myself with a **TO DO LIST** for the Lord. Beguiled and roped into our BUSY culture of many things to be done… a checklist to be completed, a system to be performed. Then worry and anxiety, shame and guilt settle in [Luke 21:34]. Overtime my attention towards Christ got divided and jaded in-between my daily routine and trying to meet the worldly deadlines in doing ministry and living up the title of a ‘good Christian/wife/mother/sister/friend’.

To top it all I carried **offense, bitterness and resentment** in my heart over what my husband was doing and not doing. As a result, I found myself consumed by the desire to prove him wrong ‘pursuit for perfection’ and inflict upon him the same pain he had caused me [Romans 12:14-21, Colossians 3:5-10]. Because my heart was becoming hardened, in attempt to alleviate the burdens I carried; the hurt and pain, the hardships I was facing and the despair I felt within. I ended up drained spiritually, mentally and emotionally. For I was “doing things in my power (human effort) and ability to ensure it’s all a success”

Eventually I was in the abyss of chaos and confusion…I missed the mark (inherent struggle with sin) and **the Spirit of Compromise** settled in [1 Peter 1:13-16]. Out of balance within, wounded and broken yet showing up ‘faithfully’ on the outside. I was losing my mind and the essence of why God called me; my inner state of peace was gone. And so, one day in prayer **with urgency** the Holy Spirit nudged on my heart, and He gave me clear instructions.

***“Stop everything you are doing and for the next seven (7) days sit at my feet; return to me and enter into my rest”***

Now, **‘God’s Rest’** is a fruit of **obeying and trusting** in God’s Word [Hebrews 4]. Thereby, accessing a serene state of inner being, where balance and peace [inner calm and spiritual well-being] are restored under His divine providence and protection. Thus, it is written in **Isaiah 30:5 For the Lord God, the Holy One of Israel has said this “In returning [to Me] and rest you shall be saved, In quietness and confident trust is your strength.” But you were not willing,** It is a gift to be received by faith; a state of continuous fellowship (harmony, joy and meditating upon His Word) in His presence.

For this reason, today there is a call for you, a divine invitation **‘to enter His Rest’** …IN-Him. Stop the endless pursuit of our own endeavours that consume your life away. Rather, **be still** in the presence of the Lord and **abide IN-HIM [Romans 10:17, John 15:15].** Surrendering the need for control/human effort acknowledging that the uncertainty of life is beyond human ability to control and fix. Instead, choose to contend for a divine intervention - ‘to Labor into rest’.

* *This is to let go of what is weighing you down overthinking and depression and pursuit for vain glory and embracing inner calm and confidence to believe in God’s assurance through His Word for His Power, Promises and Provision.*
* *It is a time to seek spiritual rejuvenation where we find peace and renewed sense of purpose amidst life relentless pace.*
* *It is a time of reflection, stepping away from the busyness of life to find solace and strength in the stillness in God’s Presence.*

‘LET GO’ of the reigns of control over your life and ‘LET GOD’ having faith in His Word aligning your actions to show trust in God’s plan and purpose.

Join us for seven (7) days through **Praying and** **Fasting** for a time of tranquillity and reflection with the Holy Spirit as we regain our **Peace**, **Faith,** and **Joy** IN-His Presence. An opportunity to recharge our spiritual batteries; reviving our minds, renewing our hearts, and restoring our souls back to the Father through Jesus Christ. We will surrender our burdens and worries unto Him in exchange for His **Grace, Mercy** and **Peace** [inner calm and spiritual well-being] in a deeper way.

# **DAY 1: Returning to the place of Intimacy with God -IN His Presence**

**Context Verse: Hebrews 4:9**

**So there remains a [full and complete] Sabbath rest for the people of God.**

Key Verses

“**Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” [Matthew 11:28-30 The Message]**

**Be still before the Lord; wait patiently for Him and entrust yourself to Him; Do not fret (whine, agonize) because of him who prospers in his way, Because of the man who carries out wicked schemes. [Psalm 37:7]**

**Many hardships and perplexing circumstances confront the righteous, But the Lord rescues him from them all.** [**Psalm 34:19]**

**From the end of the earth I call to You, when my heart is overwhelmed and weak; Lead me to the rock that is higher than I [a rock that is too high to reach without Your help]. For You have been a shelter and a refuge for me, A strong tower against the enemy. Let me dwell in Your tent forever. Let me take refuge in the shelter of Your wings.** **[Psalm 61:2-4]**

**Therefore, there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. [Romans 8:1]**

Suggested Songs

* **Breathe - Dunsin Oyekan**
* **Who Is Like You? - Dunsin Oyekan**

Recommended Sermon Study

### **ENTERING INTO REST [HEBREWS 4:9] || FOURSQUARE GOSPEL CHURCH CONVENTION||AJEBO-NIGERIA|APOSTLE SELMAN**

Reflections

1. For a Child of God to live in victory, **he/she must be confident or have faith that God is in control**
2. **Let go of your inner tensions**, the war of the mind and turmoil of the heart that life is firing your way, trust in God minute by minute.
3. **Rely FULLY** on the Holy Spirit to give you physically, mentally, spiritually and emotionally rest
4. Set your **mind on Christ**, your heart on **God’s Word.**

Repentance with Thanksgiving

**Dear Holy Spirit,**

1. Reveal to me which areas of my life ((mental stress, emotional and spiritual fatigue and trauma) that result **to ANXIETY** and **DESPAIR** thereby **crippling my Faith.**
2. Release me of **MY FEARS** with PERFECT knowledge that **“The Lord is near.”**
3. Show me ways in which I am **IGNORANT** of the enemy’s schemes causing me to **COMPROMISE SPIRITUALLY** and **PHYSICALLY.**

# **DAY 2: Obtain Mercy; find Grace**

**Context Verse: Hebrews 4:16**

**Therefore let us [with privilege] approach the throne of grace [that is, the throne of God’s gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].**

Key Verses

**It is because of the Lord’s loving kindnesses that we are not consumed, Because His [tender] compassions never fail. They are new every morning; Great and beyond measure is Your faithfulness. [Lamentations 3:22-23]**

**O praise the Lord, all you nations! Praise Him, all you people! For His lovingkindness prevails over us [and we triumph and overcome through Him], And the truth of the Lord endures forever. Praise the Lord! (Hallelujah!).** [**Psalm 117]**

**Incline Your ear, O Lord, and answer me, For I am distressed and needy [I long for Your help]. Protect my life (soul), for I am godly and faithful; O You my God, save Your servant, who trusts in You [believing in You and relying on You, confidently committing everything to You]. Be gracious and merciful to me, O Lord, For to You I cry out all the day long. Make Your servant rejoice, For to You, O Lord, I lift up my soul [all that I am—in prayer]. For You, O Lord, are good, and ready to forgive [our sins, sending them away, completely letting them go forever and ever]; And abundant in lovingkindness and overflowing in mercy to all those who call upon You.** [**Psalm 86:1-15]**

**Let me know Your ways, O Lord; Teach me Your paths. Guide me in Your truth and teach me, For You are the God of my salvation; For You [and only You] I wait [expectantly] all day long. Remember, O Lord, Your [tender] compassion and Your loving kindnesses, For they have been from of old. Do not remember the sins of my youth or my transgressions; According to Your lovingkindness remember me, For Your goodness’ sake, O Lord.** [**Psalm 25:4-7]**

**Praise for the Lord’s Mercies - Psalm 103**

**“Even now,” says the Lord, “Turn and come to Me with all your heart [in genuine repentance], With fasting and weeping and mourning [until every barrier is removed and the broken fellowship is restored]; Rip your heart to pieces [in sorrow and contrition] and not your garments.” Now return [in repentance] to the Lord your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness [faithful to His covenant with His people]; And He relents [His sentence of] evil [when His people genuinely repent].** [**Joel 2:12-13]**

**Let us seize and hold tightly the confession of our hope without wavering, for He who promised is reliable and trustworthy and faithful [to His word]; and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging one another; and all the more [faithfully] as you see the day [of Christ’s return] approaching.** [**Hebrews 10:23-25]**

Suggested Songs

* **The Heart Of Worship [with lyrics] - Michael W. Smith –**
* **He Knows My Name - Maranatha Singers**

Recommended Sermon Study

* **HELPED BY GOD [PART 1]: OBTAINING MERCY| SOAR CONF 2022 | HOTR ENUGU-NIGERIA |APOSTLE JOSHUA SELMAN**

Reflections

1. **Acknowledge** that our God is a **Merciful** and **Compassionate** God
2. **Thank Him** (witness to Him) of His faithfulness over your life (open book of remembrance -what He has already done)
3. Rest in the **Everlasting Love of God** knowing that He is a God who BRINGS EASE and CREATES POSIBILLITIES.

Repentance with Thanksgiving

**Dear Holy Spirit,**

1. **Ask for Mercy, Ask for Mercy, Ask for Mercy**, the Mercy of God upon your life
2. Plead for **His Grace to do His Will**; His Plan and Purposes concerning His you’

# **DAY 3: Give me a New Heart; a Pure Heart**

**Context Verse:** **Hebrews 4:7**

**He again sets a definite day, [a new] “Today,” [providing another opportunity to enter that rest by] saying through David after so long a time, just as has been said before [in the words already quoted],**

**“Today if you hear His voice,**

**Do not harden your hearts.”**

Key Verses

### **Moreover, I will give you a new heart and put a new spirit within you, and I will remove the heart of stone from your flesh and give you a heart of flesh. I will put my Spirit within you and cause you to walk in My statutes, and you will keep My ordinances and do them. [Ezekiel 36:26-27]**

### **And do not be conformed to this world [any longer with its superficial values and customs], but be [c]transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]. [Romans 12:2]**

**A Contrite Sinner’s Prayer for Pardon. - Psalm 51**

“Give me a pure heart , that I may see thee,

A humble heart, that I may hear thee

A heart of love, that I may serve thee

A heart of faith, that I may abide in thee” Dag Hammarskjold

Suggested Songs

* **Holiness - Micah Stampley**
* **CHANGE MY HEART, OH GOD - Kim Walker-Smith:**
* **CREATE IN ME A CLEAN HEART God's Amazing Grace Christian Fellowship Inc.**
* **Clean Heart | Bryan & Katie Torwalt | Worship Together Session**
* **Here I Am to Worship / The Call - Hillsong Worship**

Recommended Sermon Study

* **RESTORE MY SOUL [A CRY FOR PERSONAL REVIVAL] Mark 8:36 || HOTR || ENUGU-NIGERIA || APOSTLE SELMAN**

Reflections

1. There is an INVITATION sent out so you can align with His Will **URGENTLY** with an **Open AND WILLING** heart
2. Respond today to the call of UNWAVERING FAITH AND RADICAL OBEDIENCE IN-Christ
3. A **New Heart is encoded with God desires**, empowered to produce the good works in your life. It shifts focus TO God’s promises RENEWING HOPE which inspires endurance in our walk with Christ.

Repentance and Thanksgiving

**Dear Holy Spirit,**

1. Give me a NEW HEART, gentle and humble heart, a heart posture of humility like Christ.
2. **Cleanse** me of my stubbornness (obstinate heart/inflexible) and the **resistant attitude** that ushers in **spiritual insensitivity** and **rebellion**.
3. Help me **GUARD** this New Heart where transformation flows naturally.

# **DAY 4: Jesus Christ Is Here, Our Great High Priest**

**Context Verse: Hebrews 4:14-15**

**In as much then as we [believers] have a great High Priest who has [already ascended and] passed through the heavens, Jesus the Son of God, let us hold fast our confession [of faith and cling tenaciously to our absolute trust in Him as Savior]. For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin.**

Key Verses

**The Triumphs of Faith - Hebrews 11**

**For we walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God’s promises]. [2 Corinthians 5:7]**

**So we look not at the things which are seen, but at the things which are unseen; for the things which are visible are temporal [just brief and fleeting], but the things which are invisible are everlasting and imperishable. [2 Corinthians 4:18]**

**Therefore, believers, since we have confidence and full freedom to enter the Holy Place [the place where God dwells] by [means of] the blood of Jesus, by this new and living way which He initiated and opened for us through the veil [as in the Holy of Holies], that is, through His flesh, and since we have a great and wonderful Priest [Who rules] over the house of God, let us approach [God] with a true and sincere heart in unqualified assurance of faith, having had our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us seize and hold tightly the confession of our hope without wavering, for He who promised is reliable and trustworthy and faithful [to His word];**

**and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging one another; and all the more [faithfully] as you see the day [of Christ’s return] approaching. [Hebrews 10:19-25]**

**Teach me Your way, O Lord, And lead me on a level path Because of my enemies [who lie in wait]. Do not give me up to the will of my adversaries, For false witnesses have come against me; They breathe out violence. I would have despaired had I not believed that I would see the goodness of the Lord In the land of the living. Wait for and confidently expect the Lord; Be strong and let your heart take courage; Yes, wait for and confidently expect the Lord. [Psalm 27:11-14]**

Suggested Songs

* **Gaither - Burdens Are Lifted At Calvary [Live] ft. Ladye Love Smith**
* **Josh Groban - You Raise Me Up (Official Music Video) [HD Remaster]**
* **Shane & Shane: He Will Hold Me Fast**

Recommended Sermon Study

* **FULLY PERSUADED (CULTIVATING THE FAITH THAT WORKS) || ROMANS 4:21 || APOSTLE JOSHUA SELMAN**
* **WE SEE JESUS (PART 1) HEBREW 2:9 || APOSTLE JOSHUA SELMAN || HOUSE OF TREASURES MINISTRY S/A**

Reflections

1. Have you **perceived** our GREAT High Priest, do you UNDERSTAND the sacrifice of Jesus Christ on that Cross.
2. UNDERSTAND **the call to a Royal Priesthood of Christ** and that His sacrifice was made PERFECT **(done everything/WORK necessary to save us).**
3. Deliverance has come in the name of Jesus Christ, **CLING to Him**

Repentance and Thanksgiving

**Dear Holy Spirit,**

1. TEACH me how to die of my PRIDE and INDEPENDENCE
2. TEACH me of your magnificent ways, search my heart that be found pleasing before thy presence,
3. TEACH me how to FAITHFULLY look onto Jesus Christ

# **DAY 5: Jesus Christ Our Sabbath; Access rest through and IN-Him**

**Context Verse: Hebrews 4:10**

**For the one who has once entered His rest has also rested from [the weariness and pain of] his [human] labors, just as God rested from [those labors uniquely] His own.**

Key Verses

**Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. [Romans 8:1]**

**Whoever believes and has decided to trust in Him [as personal Savior and Lord] is not judged [for this one, there is no judgment, no rejection, no condemnation]; but the one who does not believe [and has decided to reject Him as personal Savior and Lord] is judged already [that one has been convicted and sentenced], because he has not believed and trusted in the name of the [One and] only begotten Son of God [the One who is truly unique, the only One of His kind, the One who alone can save him]. This is the judgment [that is, the cause for indictment, the test by which people are judged, the basis for the sentence]: the Light has come into the world, and people loved the [b]darkness rather than the Light, for their deeds were evil. [John 3:18-19]**

**Remain in Me, and I [will remain] in you. Just as no branch can bear fruit by itself without remaining in the vine, neither can you [bear fruit, producing evidence of your faith] unless you remain in Me. [John 15:4]**

**“Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], “and I will give you rest [refreshing your souls with salvation].” Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and you will find rest (renewal, blessed quiet) for your souls. For My yoke is easy [to bear] and My burden is light.” Matthew 11:28-29**

**The Lord the Keeper of Israel - Psalm 121**

Suggested Songs

* **Hillsong - Lord I come to you (Power Of Your Love)**
* **Don Moen - Be Magnified**
* **I Give Myself Away by William McDowell**

Recommended Sermon Study

* **Entering the Rest of God | Andrew Wommack | ResLife Church**
* **THE POWER TO FUNCTION (HOW SPIRITUAL POWER WORKS) WITH APOSTLE JOSHUA SELMAN ||13||07||2025**
* **HOW TO BEHOLD (WE SEE JESUS) PART 2 || APOSTLE JOSHUA SELMAN || HOUSE OF TREASURES MINISTRY S/A**

Reflections

1. **Rededicate** your life to Christ and set your affections back to Him. **Renew your convictions** IN-HIM knowing that they define your reality
2. Revive your passion for **PRAYER, WORSHIP** and **STUDY & ENGAGING SCRIPTURES**
3. **Do not trust in YOURSELF (your strength and worldly wisdom); the mindset of working “hard” to effectively do something or for something to be perfectly executed to get a FIXED RESULT.**

Repentance and Thanksgiving

**Dear Holy Spirit,**

1. I obtain Grace to live a **surrendered life IN-CHRIST (Rest from your efforts),** to **engage in the Supremacy of the Word of God wisely and consistently. And to pray ceaselessly with Passion and Conviction**
2. I obtain the Grace to follow those who **follow Christ**

# **DAY 6: A God of Another Chance-Realinment IN- Christ**

**Context Verse: Hebrews 4:12-13**

**For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged [b]sword, penetrating as far as the division of the [c]soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart. And not a creature exists that is concealed from His sight, but all things are open and exposed, and revealed to the eyes of Him with whom we have to give account.**

Key Verses

**But You, O Lord, are a God [who protects and is] merciful and gracious, Slow to anger and abounding in lovingkindness and truth. Turn to me, and be gracious to me; Grant Your strength [Your might and the power to resist temptation] to Your servant, And save the son of Your handmaid. Show me a sign of [Your] goodwill, That those who hate me may see it and be ashamed, Because You, O Lord, helped and comforted me. Psalm 86:15-17**

**None of the rulers of this age recognized and understood this wisdom; for if they had, they would not have crucified the Lord of glory; but just as it is written [in Scripture],**

**“Things which the eye has not seen and the ear has not heard,**

**And which have not entered the heart of man,**

**All that God has prepared for those who love Him [who hold Him in affectionate reverence, who obey Him, and who gratefully recognize the benefits that He has bestowed].”**

**For God has unveiled them and revealed them to us through the [Holy] Spirit; for the Spirit searches all things [diligently], even [sounding and measuring] the [profound] depths of God [the divine counsels and things far beyond human understanding].** **1 Corinthians 2:8-10**

**The King of Glory Entering Zion - Psalm 24**

**“Arise [from spiritual depression to a new life], shine [be radiant with the glory and brilliance of the Lord]; for your light has come, And the glory and brilliance of the Lord has risen upon you. “For in fact, darkness will cover the earth And deep darkness will cover the peoples; But the Lord will rise upon you [Jerusalem] And His glory and brilliance will be seen on you. “Nations will come to your light, And kings to the brightness of your rising. “Lift up your eyes around you and see; They all gather together, they come to you. Your sons will come from far away, And your daughters will be looked after at their side. “Then you will see and be radiant, And your heart will tremble [with joy] and rejoice Because the abundant wealth of the seas will [a]be brought to you, The wealth of the nations will come to you. [Isaiah 60:1-5]**

Suggested Songs

### **Brooke Ligertwood - King Jesus (Lyric Video)**

* **City Alight – I Will Trust My Saviour Jesus (Live)**

Recommended Sermon Study

* **BECOMING A SIGN AND A WONDER || FOUNTAIN OF LIFE CHURCH || LAGOS-NIGERIA || APOSTLE JOSHUA SELMAN**
* **WE SEE JESUS (THE MIND OF CHRIST) PHIL. 2:5 || APOSTLE JOSHUA SELMAN || HOUSE OF TREASURES MINISTRY**

Reflections

1. Believe that it is done (your supplication and prayer request) then WAIT for the Holy Spirit to **GUIDE** you **ACCORDINGLY.** NOTE: you do not have **TO DO** the “fighting” (I MUST make it work) to get results**.**
2. Rather than **“battling” to defend the outcomes** that ONLY God can ALREADY set/ give to you, just **HAVE FAITH…IT is Done!**
3. Confess with true conviction: He has turned your **moaning into dancing**, **your pain into Joy** and your **defeat into Victory.**

Repentance and Thanksgiving

**Dear Holy Spirit,**

1. Show me the **ANCIENT** and **SUPERIOR** paths of **YOUR ways** (the ways of the Spirit)
2. GRANT me **ACCESS** to the Wisdom of Christ and the **STRATEG**Y to making men Great
3. **HELP ME STAY IN YOUR PRESENCE** until your WILL for my life is executed to complete.

# **DAY 7: The Peace of God: Rest in the finished Work of Christ**

**Context Verse: Hebrews 4:1**

**Therefore, while the promise of entering His rest still remains and is freely offered today, let us fear, in case any one of you may seem to come short of reaching it or think he has come too late.**

Key Verses

**Rejoice in the Lord always [delight, take pleasure in Him]; again I will say, rejoice! Let your gentle spirit [your graciousness, unselfishness, mercy, tolerance, and patience] be known to all people. The Lord is near. Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]. [Philippians 4:4-7]**

**The Goodness of God, the Power of His Grace - Ephesians 2:1-10**

**For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]. [2 Timothy 1:7]**

**Then Moses said to God, “Behold, when I come to the Israelites and say to them, ‘The God of your fathers (ancestors) has sent me to you,’ and they say to me, ‘What is His name?’ What shall I say to them?” God said to Moses, “I Am Who I Am”; and He said, “You shall say this to the Israelites, ‘I Am has sent me to you.’” Then God also said to Moses, “This is what you shall say to the Israelites, ‘The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob (Israel), has sent me to you.’ This is My Name forever, and this is My memorial [name] to all generations. 16 Go, gather the elders (tribal leaders) of Israel together, and say to them, ‘The Lord, the God of your fathers, the God of Abraham, of Isaac, and of Jacob, appeared to me, saying, “I am indeed concerned about you and what has been done to you in Egypt.**

**So I said I will bring you up out of the suffering and oppression of Egypt to the land of the Canaanite, the Hittite, the Amorite, the Perizzite, the Hivite, and the Jebusite, to a land flowing with milk and honey.”’ Exodus 3:13-17**

**The Lord graciously remembered and visited Sarah as He had said, and the Lord did for her as He had promised. So Sarah conceived and gave birth to a son for Abraham in his old age, at the appointed time of which God had spoken to him. Abraham named his son Isaac (laughter), the son to whom Sarah gave birth. So Abraham circumcised his son Isaac when he was eight days old, just as God had commanded him. Abraham was a hundred years old when his son Isaac was born. Sarah said, “God has made me laugh; all who hear [about our good news] will laugh with me.” And she said, “Who would have said to Abraham that Sarah would nurse children? For I have given birth to a son by him in his old age.”** **Genesis 21:1-7**

Suggested Songs

### **Hope Darst - Peace Be Still (Official Lyric Video)**

* **You Are My All In All | Live | Brentwood Baptist Worship**
* **Bill & Gloria Gaither - Nothing But the Blood [Live] ft. Buddy Greene**
* **Gaither Vocal Band - He Touched Me [Live] ft. Gaither Vocal Band**

Recommended Sermon Study

* **SEPTEMBER 2023 MIRACLE SERVICE WITH APOSTLE JOSHUA SELMAN ||24|09|2023||**

Reflections

The promise to enter His rest still stands therefore find Rest-be confident and walk with boldness IN-CHRIST that “I Am Who I Am” is with you.

**“You are entering/transitioning /stepping into a SEASON OF LAUGHTER”**

**Warfare** has come to an end, the **struggle** has come to an end, **Victory** has been established, and Your **testimony** has been made manifest

Repentance and Thanksgiving

**Dear Holy Spirit,**

1. **TAKE** hold of my life**, RECREATE IT** once more **MOLD IT** so Your **GREATNESS and GLORY may be revealed through me.**
2. **Give me Speed,** accelerate my life; bring great ADVANCEMENTSto my destiny **and EXTRAODINARY Fruitfulness.**
3. Receiv**e FREEDOM** in the name of Jesus Christ

**It is finished! “τετέλεσται”** **(tetelestai)**

**When Jesus had received the sour wine, He said, “It is finished!” And He bowed His head and [voluntarily] gave up His spirit.**

**John 19:23**

“It is finished!” “τετέλεσται” (tetelestai)

**Pronounce these Prophetic Word of God over yourself**

**“Now it shall be, if you diligently listen to and obey the voice of the Lord your God, being careful to do all of His commandments which I am commanding you today, the Lord your God will set you high above all the nations of the earth. 2 All these blessings will come upon you and overtake you if you pay attention to the voice of the Lord your God. Deuteronomy 28:1-2**

**Therefore the Lord has rewarded me according to my righteousness (moral character, spiritual integrity), According to the cleanness of my hands in His sight. With the kind (merciful, faithful, loyal) You show Yourself kind, With the blameless You show Yourself blameless, With the pure You show Yourself pure, And with the crooked You show Yourself astute. For You save an afflicted and humble people, But bring down those [arrogant fools] with haughty eyes. For You cause my lamp to be lighted and to shine; The Lord my God illumines my darkness. For by You I can crush a troop, And by my God I can leap over a wall.** **Psalm 18:24-29**

**Bind up the testimony, seal the law and the teaching among my (Isaiah’s) disciples. 17 And I will wait for the Lord who is hiding His face from the house of Jacob; and I will look eagerly for Him. 18 Listen carefully, I and the children whom the Lord has given me are [e]for signs and wonders [that will occur] in Israel from the Lord of hosts, who dwells on Mount Zion. Isaiah 8:16-18**

**“Arise [from spiritual depression to a new life], shine [be radiant with the glory and brilliance of the Lord]; for your light has come, And the glory and brilliance of the Lord has risen upon you “For in fact, darkness will cover the earth And deep darkness will cover the peoples; But the Lord will rise upon you [Jerusalem] And His glory and brilliance will be seen on you. “Nations will come to your light, And kings to the brightness of your rising.** **Isaiah 60:1-3**

**With smooth words [of flattery and praise] he will turn to godlessness those who [are willing to] disregard the [Mosaic] covenant, but the people who [are spiritually mature and] know their God will display strength and take action [to resist]. 33 They who are wise and have spiritual insight among the people will instruct many and help them understand; yet for many days some [of them and their followers] will fall by the sword and by flame, by captivity and by plunder. 34 Now when they fall they will receive a little help, and many will join with them in hypocrisy. 35 Some of those who are [spiritually] wise and have insight will fall [as martyrs] in order to refine, to purge and to make those among God’s people pure, until the end time; because it is yet to come at the time appointed [by God].** **Daniel 11:32-35**

**Thus says the Lord of hosts, ‘In those days ten men [as representatives] from all the nations will grasp the robe of a Jew, saying, “Let us go with you, for we have heard that God is with you.”’”** **Zechariah 8:23**

“It is finished!” “τετέλεσται”

**Authored By lead Consultant, Celestine Massawa.**

For any response reach back to us on [**our email**](mailto:kingdomcourtship101@gmail.com?subject=&body=): **kingdomcourtship101@gmail.com** or send us a direct message on either of these platforms:

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