

LIVING IN GOD'S REST

Forever Freedom 6

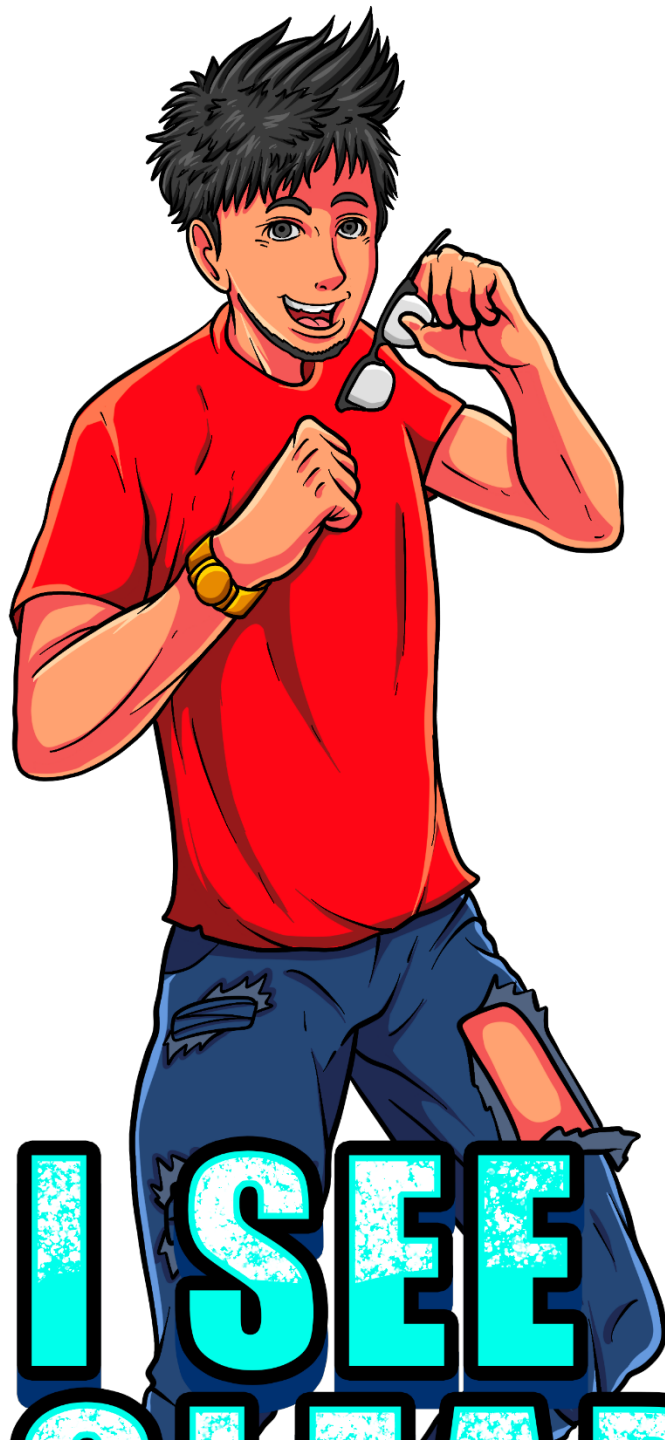
Living in God's Rest

Focus Scripture: So there is a special rest still waiting for the people of God.¹⁰ For all who have entered into God's rest have rested from their labors, just as God did after creating the world.
Hebrews 4:9-10 NLT

Lesson Goal: To help us understand we can live in real peace and rest with Jesus throughout all the challenges of life. To help us eliminate chaotic areas of our lives that are separating us from Jesus Rest. To help us **recognize** future pitfalls, **resist** falling in the devil's traps and **remain** in the heart of Jesus for all our lives. To help us surrender our souls, discern our spirits and connect them with the Holy Spirit in Jesus Name.

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**SO I SEE
CLEARLY
NOW**

Forever Freedom 6

Living in God's Rest

So there is a **special rest still** waiting for the people of God. For all who have **entered into God's rest** have rested from their labors, just as God did after creating the world.

Hebrews 4:9-10 NLT

It's all about Jesus.



We met Ms. Rebecca in 2013 just as we were launching a street ministry in Longview, known as Jesus Burger. She had been homeless for almost two decades and was sleeping in an abandoned car wash. Rebecca is an educated lady who taught school at one time. Alcohol, crack cocaine and a dark soul tie with a man named Lynn dominated her angry, hopeless life. She was a sixty-year-old selfish hustler with no conscience, no regrets and no hope in Jesus. She used her vicious tongue as a weapon to lie and manipulate...and we loved her in Jesus' Name! Jesus Burger grew into a wonderful outdoor outreach church beneath the broad branches of a one-hundred-year-old Red Oak Tree. God has allowed us to feed over one hundred thousand Jesus burgers over the last ten years. We have seen hundreds of hurting friends come to Jesus over these special years, but Rebecca has always had a most special place in our hearts.

She was a street mama. She knew all the people; the good, bad and ugly. She was the epicenter of gossip and hustle and, she had about twenty flea-infested cats. Her journey to Jesus was not a straight one. She heard His voice and began to use fake Christianity as a tool of manipulation. Over the years, God brought greater conviction and Rebecca started changing. Eventually she spoke of God being so good to her and she meant it. But her fellowship with Jesus was shallow and self-serving. Then she joined Jesus Journey, and everything changed. She was reluctant to join and thought she had it all together. God had gotten her off the street. She had her own beautiful apartment – a miracle. We watched God expose her heart

secrets of pride, self-righteousness and arrogance. Her story was always about her in those first days. Bravely she confronted deep layers of woundedness and frailty. She owned her rebellious selfishness and walked with Jesus deep into her past hurts. Layers of false identity and false religion came out of her as she crucified her flesh. She saw the error of her ways. Her needs changed. The deep motivation of her heart revealed great insecurity that led to selfish needs for attention and affirmation from man through religion.

Rebecca, this teacher turned homeless, crackhead, narcissist didn't just get saved and pretend everything was ok. She surrendered and was gloriously delivered from the world, herself, and hundreds of tormenting demons. Rebecca received God's true rest and is living today as a walking miracle and minister of Jesus Love! She is Rebecca, woman of Jesus Rest!

Would you like to live in Jesus' rest and peace every day? God is opening the door for you to live in His supernatural rest. Relax my friend in the arms of Jesus. We praise Jesus for your Journey and pray you have been delivered from the evil one and his tormenting demons in Jesus Name! Freedom 5 encourages you to take authority over the devil by casting out the evil spirits that have tormented you all your life in Jesus' Name. We pray that you have bravely taken this **giant leap** as you Journey with Jesus. This lesson is about living in Jesus' Rest. *We find it impossible to live at Rest in Jesus if we are continually embroiled in a spiritual battle with the devil or a physical and mental struggle with our flesh.* We must come to Jesus and trust Him with all of our hearts and lives; **and He will give us rest!**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, **and I will give you rest.**

Matthew 11:28 NLT

The Freedom Phase of the Journey is intentionally ordered to reveal the chains that have bound us and empower us to break them off in Jesus' Name! In **Understanding Bondage** and the **Two Trees**, we exposed the traps of the devil. We broke the power of the Tree of Knowledge of Good and Evil. We understand what it means to crucify our flesh, deny ourselves, pick up our Cross, and follow Jesus. We should understand the war we are in and have activated the arsenal of weapons at our disposal for victory. Some of these weapons are:

- The Name of Jesus
- The Blood of Jesus
- Our spoken Testimony

- Holy Spirit
- God's Agape Love
- Sword of the Spirit – God's Word
- Keys to God's Kingdom
- Authority to Speak Life
- Personal Prayer Life

God has empowered us to live victoriously, *activating our weapons daily* through all the circumstances of life. God has equipped us with intimate prayer and His glorious gifts for victory as we Journey with Jesus!

Next, we kicked the devil, and his demon forces out of our lives. We canceled his power over us and cast the demons out one by one into the Abyss, in Jesus' Name. NOW, we are ready to enter God's rest in Jesus' Name! We pray that a great emptying has taken place.



Are you empty of your flesh, the world, and the devil? Explain.

- A Time for War- You Win

- Deliver Me from the Evil One

We pray you are ready to leave your restless life and live from God's REST! **God's rest is a position.** You can live from the position of God's rest every day and experience His peace in spite of your circumstances.

Did you know God wants you to live in His Rest? You may say that sounds good but what is God's rest? God's rest is activated in us when we cease to toil and strive in our own fleshly efforts. We submit to God, and He guides us, His creation, free from the chaos and disorder of this sinful and rebellious world. We receive His thoughts toward us with great confidence in God's Will and His plan for us. We follow Jesus just as He submitted Himself to His Father in Heaven.

³⁹ He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet **I want your will to be done, not mine.**"

Matthew 26:39 NLT

WOW! Relax – Chill – Trust Jesus – Submit to God's Will – God's Way – God's Time – Live in God's Rest!

Rest vs. Service

Oswald Chambers humbly states in his widely read devotional book My Utmost for His Highest, “The greatest competitor of devotion to Jesus is service to Him. It is never ‘Do’ with the Lord, but ‘Be’ and He will ‘do’ through you. The only way to keep true to God is by a steady persistent refusal to be primarily interested in Christian work and *to be interested alone in Jesus Christ.*”

You may have lived like I did for many years, faithfully serving God and mankind, yet lacking the intimate fellowship of being in God’s presence and living in His rest. I found great pleasure in serving, it felt good, but *servicing became my god*. When we enter God’s rest we no longer operate from our feelings. The emotional boost we get from our service can easily become a false god. Sometimes we may seek to serve others, but our real motivation is only to massage our own emotions. We may have helped that person in the flesh, but our efforts are of little or no eternal spiritual value. We will serve and serve and serve some more. Perhaps some fail to realize that we are operating as Solomon describes in Ecclesiastes 2:11 “As if chasing the wind.” Serving the Lord is a wonderful thing when we are operating in God’s Rest and seeking His Spirit to guide us.

- Have you ever made your service of God a false god, seeking to meet an ego need within you? Explain.

As God prompted me to develop the Jesus Journey, He graciously gave me revelation after revelation. I began to realize that a great percentage of Christians have likely processed their faith in this order. *People get **saved** in church and head to **Sunday School**, and soon they are **servicing***. This path seems adequate, but it often ignores the very **freedom** and **healing** that Jesus proclaims in His first dissertation in Luke 4 and throughout His ministry.

The scroll of Isaiah the prophet was handed to him. He unrolled the scroll and found the place where this was written, “The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that **captives will be released,[Forever Freedom]** that the **blind will see,[Holy Healing]** that the **oppressed will be set free,[Forever Freedom]** and that the time of the Lord’s favor has come.

Luke 4:17-19 NLT

We often miss the intimacy that the disciples surely experienced when Jesus walked, slept, and shared life with His best friends. Along with serving, the disciples were also *learning to live in Jesus’ REST*. Sometimes, in the church community, believers are not given opportunity to be vulnerable. We may feel embarrassed and fear that gossip may follow. We carry baggage and pain and have little chance to be real with each other.

We pray that in your Journey family, you are expressing your heart with your brothers and sisters. Please exercise the Freedom to BE REAL and know you are safe.

¹⁶ Therefore confess your sins to each other and pray for each other **so that you may be healed**. The prayer of a righteous person is powerful and effective.

James 5:16 NIV

God’s Infinite Rest through His Word

It may seem unreal, but on the very first day my of incarceration in 2008, I hungered to really know God’s heart. Throughout my Journey in the Texas Prison System, from unit to unit, cell to cell, bunk to bunk I learned to be alone with Jesus. He began to share His love story with me! God showed me His heart as He connected stories and books and people and truths and troubles from one Biblical author to the next. They all passionately expressed themselves through the Holy Spirit Himself. May you too joyfully journey through the Bible directly into God’s Heart.

- Meditate on **Hebrews 3:12-19, 4:1-12**

These Scriptures primarily focus on entering God's *rest*. They explain how the children of Israel, led by Moses, failed to enter God's *rest* because of their hard hearts and disobedience. God's *rest* is not just the promise of Heaven. *Entering God's rest is living today in obedience to God in the confident assurance that we are His Children, and His Peace is our present and eternal destination.* My friends, challenging circumstances and conditions of our lives will always exist, but our perspective of them can be amazingly victorious when we live from God's *rest*. Be confident that no matter what troubles may befall us; *God has got us, no ifs ands or buts!*

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

John 16:33 NIV

²³ Then Jesus got into the boat and started across the lake with his disciples. ²⁴ Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. ²⁵ The disciples went and woke him up, shouting, “Lord, save us! We’re going to drown!” ²⁶ Jesus responded, “Why are you afraid? You have so little faith!” Then he got up and rebuked the wind and waves, and suddenly there was a great calm. ²⁷ The disciples were amazed. “Who is this man?” they asked. “Even the winds and waves obey him!”

Matthew 8:23-27 NLT



What are some things that have made you restless in your life?



Based on these Scriptures how can you live in God's Confident Rest today?

What Are You Giving Power To?

What are you giving your power to? In the past you likely gave power to people who hurt you, idle gossip, circumstances that were out of your control and bitter memories of yesterday. Rejection, fear, abandonment, guilt, shame and personal regret may still be echoing in your ear. Are you giving power to this foolishness of the devil? Are you still giving these hurtful elements power in your heart and mind and life? Paul warns his faithful son in ministry with the following Scriptures:

⁴ nor to pay attention to legends (fables, myths) and endless genealogies, which give rise to useless speculation *and* meaningless arguments rather than advancing God's program *of instruction* which is grounded in faith [and requires surrendering the entire self to God in absolute trust and confidence].

1 Timothy 1:4 NLT

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. 1 Timothy 4:7 NLT

Timothy, guard what God has entrusted to you. **Avoid godless, foolish discussions** with those who oppose you with their so-called knowledge. ²¹ Some **people have wandered from the faith by following such foolishness.**

1 Timothy 6:20-21 NLT

We must take the power back today! We must determine right now to give no more power to the destructive voice of the enemy! These voices, powers, and pressures of darkness will drive us to live restless, dramatic lives of futility. God's power is alive in you. Take authority in prayer and continue to break off these lies, paying no attention to these meaningless genealogies in Jesus' Name.

Now come to Jesus' rest. Receive His peace and agape love today. We take all the power of chaos that has tormented us to the Cross of Christ Jesus, and we leave it there! Now, we enter Your rest Jesus by submitting our whole lives to You. We enter Your rest, and we shall never leave!



What is distracting you from living in God's Rest?

⁴ We know it is ready because of the place in the Scriptures where it mentions the seventh day: **“On the seventh day God rested** from all his work.”

Hebrews 4:4 AMP

⁹ So there is a special rest still waiting for the people of God. ¹⁰ **For all who have entered into God's rest have rested from their labors,** just as God did after creating the world. ¹¹ **So let us do our best to enter that rest.** But if we disobey God, as the people of Israel did, we will fall.

Hebrews 4:9-11 NLT

Hebrews 4:4 speaks of God's work being complete and His position of Rest on the seventh day. He looked around and saw that it was good, and He rested.

Hebrews 4:9-11 says in the same way, God rested, we need to rest. Verse nine tells us there is a full and complete salvation rest for God's people. Verse ten explains that just as God rested, we can enter a supernatural rest from the pain and weariness of our human efforts! WOW! When we enter His rest, it takes all the pressure off us! We understand that it is God who is working in us, not us working for Him.

I am convinced and confident of this very thing, that **He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus** [the time of His return].

Philippians 1:6 AMP

For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfill your purpose] for His good pleasure.

Philippians 2:13 AMP

Will you release all the pressure you're experiencing to Jesus? There is an old Christian hymn called "Trust and Obey". The chorus states, "Trust and obey, for there's no other way, to be happy in Jesus, but to trust and obey." Notice the hymn doesn't say "work" and obey...What a simple and beautiful truth, "Happy in Jesus." God's will for us is to live in His peace and in His rest. Will you take this Journey of faith, trust and obey, and live in God's rest? If you have been engaged in the Jesus Journey thus far, you are already experiencing much of God's rest. Your next move is found in this Scripture.

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 sword, penetrating as far as the **division of the 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.

Hebrews 4:12 AMP



Pray now and release every restless thought, memory, or pain you have given power too. Continue praying as you enter into God's rest. See yourself sitting in Jesus' presence, dining with Him, looking into His honey-colored eyes, smelling his intoxicating aroma, and knowing you are His forever.

The Bible – God's Beautiful Love Story

¹² For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires

Hebrews 4:12 NLT

It's Alive! It lives! It Breathes! I discovered God lived in my own heart as Jesus' love captured my spirit through His Word.

¹⁶ The Spirit Himself testifies *and* confirms together with our spirit [assuring us] that we [believers] are children of God.

Romans 8:16 AMP

²⁰ On that day [when that time comes] you will know for yourselves that I am in My Father, and you *are* in Me, and I *am* in you.

John 14: 20 AMP

It was as if we were one, Holy Spirit met me morning after morning, moment after moment. He wants to meet you too, intimately capturing your innermost being, rescuing your spirit, the lost child inside you with His love and truth.

God so often refers to us as children. The child in me fell desperately in love with Abba (my Daddy) in Heaven from Bunk 13 in the C Block of the Hamilton Unit in College Station. I couldn't wait until the sun came up just enough to peak through

the slim dingy windows. I would put my reading glasses a top my prescription glasses and squint into God's heart. My own heart pounded in love and hope for His people, our people, you, my friend.

That was 14 years ago, 2009. It seems like just yesterday for the little Alan inside me. I so desire this fire to live in you too! Jesus Journey with us my friend into Abbas own heart! My tears still flood the tattered pages of my well-worn prison Bible when I experience His love.

Let Daddy peel back your rusty paint to the bare metal of the lost little one inside. Trust Him as you experience Him, page by living page! Lean into His Heart today dear friend. As you slowly read and meditate on God's Word, put yourself in the stories. See yourself reacting to the Words of Jesus as He speaks. Become David, or a Leper, or the broken woman with the Alabaster Jar. Let God's Word live in you as God's heart captures you! God wants us to live with Him and experience His Word, not merely gain information.

Praise God for His Heart song to us; The Living Word of God! The entire Bible is a love story from our Father God, Abba, to us. I do not consider myself a Biblical scholar, but rather a student of God's heart. Nothing changed me so profoundly and eternally as when God opened my heart's weeping eyes to His love story, the Bible. May you take this Journey with me *and beyond*, directly into God's heart.



Your Journey with Jesus is personal and real. May you own your Journey as Jesus overwhelms you with His hope and love. Can you answer **YES** to the following questions?

- I am **humbly grateful for God's great gift of salvation to me**, and I am living with a repentant heart day by day. Explain.

- **I have crucified my flesh with Christ.** I am aware of the devil's tricks and his temptations to draw me into sin. **I refuse to get on the Sin Sick Cycle** anymore. Explain.

- I have **broken all covenants and alliances with the devil** and with unholy people in Jesus' Name. Explain.

- I have been **delivered from the demons** that have previously tormented and influenced my life. I am taking authority over the voices of darkness, and I am determined to live in freedom. Explain.

- I am **living in God's rest**, ceasing my religious and worldly strivings. I am confidently trusting God in all areas of my life. Explain.

- I am empty of self, worldly influences, and demonic powers. I am **ready to receive** healing from Heaven as God makes me whole. Explain.

WOW! What a special, trusting Treasure of God you are, as you were able to answer **YES** to those questions! It's ok if some of your answers were "I'm on my way" or "God's still working on me." God is making you into a **masterpiece**, my friend, as you remain on the Potter's Wheel in Jesus' masterful hands! Now you're ready to receive from God like never before! The Word of God is going to baptize you in God's glory! As you open His Word, pray that your spirit becomes one with the Heart of God. Ask Holy Spirit to speak to you as you hear and experience God's love through the Bible.

About Your Bible – God's Love Story

Discover these exciting facts and some revelations about the Bible. May they help you connect with the supernatural, living God who wrote His Love Letter to you.

- About forty different people wrote the Bible. Most of these writers never met each other. The story line is passed seamlessly from author to author without inaccuracy.
- The Bible was written in three different languages. The Old Testament was written in Hebrew. The New Testament was written primarily in Greek with a few Aramaic phrases. It operates in unison as it tells all God's story of redemption.
- God's Word was written on three continents: Asia, Africa, and Europe. It's power travels all through the world like a concert of God's heart.
- The Bible was written over the course of approximately fifteen hundred to sixteen hundred years from about 1500B.C to 95A.D.
- The Old Testament, *written in Hebrew*, primarily tells the story of creation, God's law and the children of Israel, God's chosen people. We hear exciting stories of love, war, and rebellion from soldiers, prophets, and priests. Over 100 Old

Testament scriptures, written hundreds of years before Jesus' birth, predict the coming Messiah.

- The New Testament, *written in Greek and Aramaic*, begins with the birth of Jesus and tells the beautiful story of His ministry of love on earth, His death on the Cross and His resurrection. It continues with the Church Age as God's counsel to us on how to live in the Holy Spirit, love others and multiply His Kingdom. The New Testament concludes with the Book of Revelation. This final book states that God will ultimately create a New Heaven and a New Earth. Maranatha – Jesus is coming back for His treasured people – YOU!
- The Bible contains roughly 780,000 words, depending on the translation.
- All Bible translations begin with the original languages: Hebrew, Greek, and Aramaic and are *translated* into other languages: English, Spanish, German, Italian, etc.
- Bible paraphrases begin with a Bible that has already been translated from the original languages into other languages. The Paraphrase then attempts to tell the reader what the passage means. The Paraphrase is generally more of a commentary than an accurate rendering of the original text. The paraphrase starts and stays with the same translated language. Which Bible translation or paraphrase is best? My dad said it this way, "Whichever one you will read!" Enjoy Jesus through His Word dear Journey family!
- The Bible is best absorbed and studied book by book, as you understand the chronological history and the heart of each author.

Even though the Bible was written on different continents, in different languages, by forty different authors, *IT ALL TELLS ONE BEAUTIFUL LOVE STORY FROM GOD'S HEART DIRECTLY TO THE HEART OF EVERY READER!*

The Bible was not written so we would merely know *about* God. **God wants us to know Him. He wants to change our hearts and lives and identities and our purposes.** This sharp-edged Word was created to pierce us in every corner of our lives, dissecting and transforming us into *lovers of God*.

WOW! God did all that so He could have a conversation with you! Every word, thought, promise, correction, and truth came from God's Spirit, His Holy Spirit! Holy Spirit has woven all the pieces of this beautiful tapestry of love together!

Holy Spirit spoke to Moses and He wrote Genesis, Exodus, Leviticus, Numbers, and Deuteronomy. Then Moses died and the Holy Spirit spoke to Joshua, and he wrote Joshua. He spoke to Samuel and Samuel wrote Judges. Soon Holy Spirit was speaking to other authors as they kept listening and recording His Words. Holy Spirit spoke to the prophets as they prophesied in the wilderness and to others as they penned words that would capture our hearts forever!

Holy Spirit was silent for 400 years between the Old and New Testament. During this time the Roman empire was building roads. God was making a way for the Gospel to be spread to the entire civilized world! Wow, I pray you are getting excited about the supernatural nature of our beautiful love story – The BIBLE!

Holy Spirit whispered to Elizabeth, the mother of John the Baptist, and He whispered again to Mary the mother of Jesus, as the New Testament began! “Listen carefully Mary,” the angel said, “You shall conceive in your womb and give birth to a Son, and you shall call His name Jesus.” **Jesus, our only hope, is the Way, the Truth, and the Life!** Holy Spirit spoke to each author of the New Testament and oh how Jesus’ hope has filled the entire world. His communication to those authors inspires and motivates us on the Jesus Journey today! We received the whole counsel of your Holy Word, and we give you glory for every jot and tittle Lord God!



Do you see it? Are you experiencing God’s Heart today?
Explain your history with the Bible.



How are you motivated to receive God’s Word now?
Explain.

Soul Monster or Spirit Minister

Let's go back to Hebrews 4:12...

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 sword, **penetrating as far as the division of the 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.

Hebrews 4:12 AMP

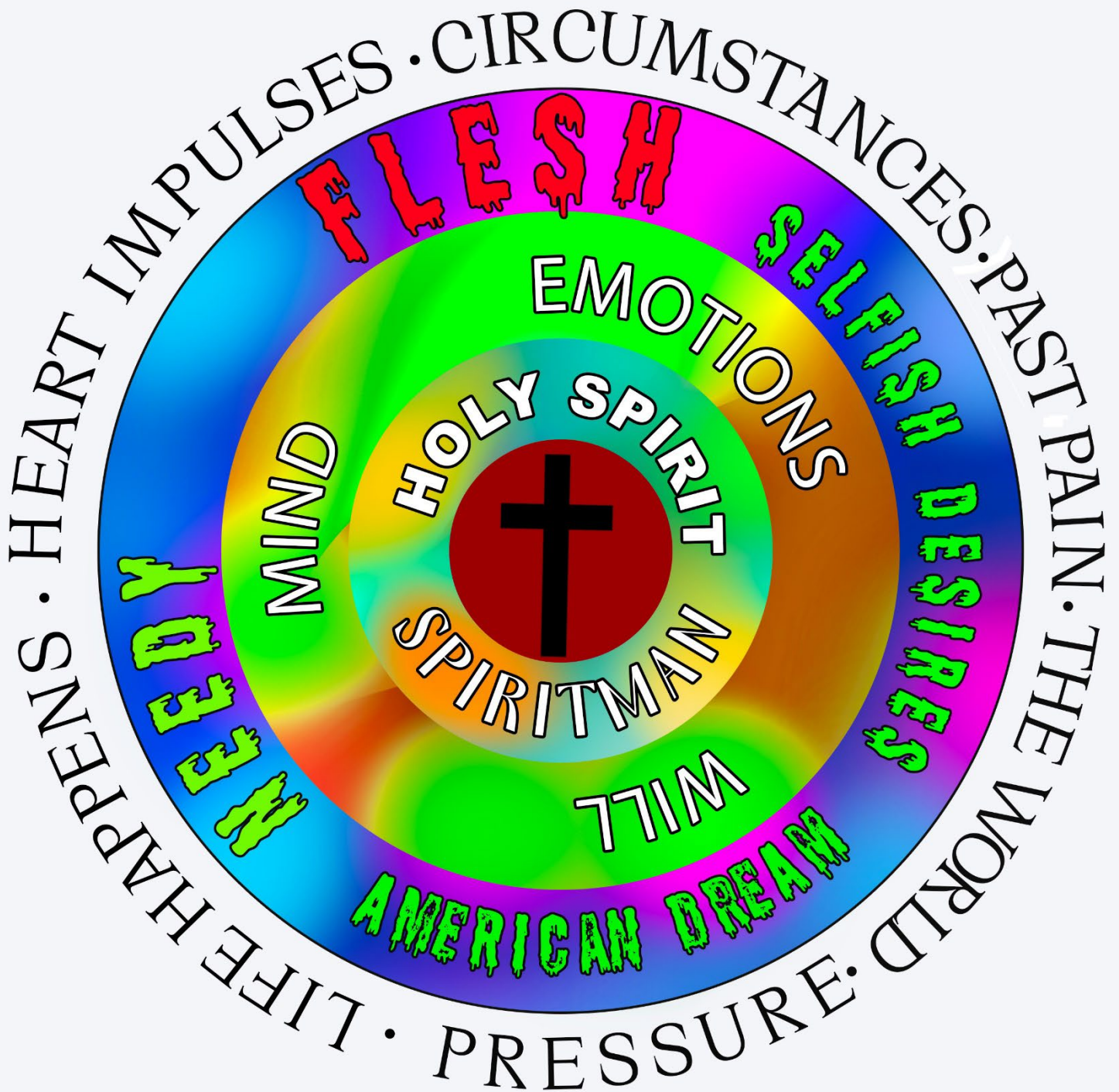
Focus on the part of this verse that says, "The Word of God separates soul from spirit." You may have never stopped to consider; What is my soul? What is my spirit? You likely just live day by day *trying to make it*. Jesus doesn't want us to *just make it*, He wants us to live Abundant Lives! *Living God's Word is the key to experiencing abundant life in Christ!* In order to live His Word, it's critical for us to understand how to receive His Word. *We must separate our soul from our spirit.*

Watchman Nee has written a deep and insightful book called *The Spiritual Man*. His writings help us understand the division of our soul man from our spirit man. Much of the detail that follows is derived from the revelations of Watchman Nee as he dissects the Scriptures.

SOUL LIFE

But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means.

1 Corinthians 2:14



SOUL LIFE

Study the Soul Man Diagram and understand how you are divided.

FLESH- Consider the outer most circle, it represents our bodies. This circle occupies the greatest amount of space. If our lives are driven by our flesh, we will spend the greatest amount of our time and effort attending to the needs of our outer man.

Outer Man's Needs – Food, Shelter, Security, Comfort, Sight, Smell, Touch, Touch, Taste, Feel, Survival Needs

In this picture we see that the body or flesh is in control. Our life revolves around meeting needs of our flesh first. We are hungry so we eat. We are anxious so we smoke a cigarette. We are sad so we go to the mall and buy something to make us happy for a moment.

SOUL - Now consider the middle circle representing our souls. This soul circle often drives us emotionally and can easily dominate our lives. The soul is never satisfied. **Our soul, which is our mind, our will and our emotions,** is also controlled by perceived needs of our flesh. We operate by our own thoughts and judgments of people and situations. We are governed by how we feel. We react to situations in our emotions and only see life from our own limited perspective. We make a plan and determine what to do and how to live. We try to survive or succeed based solely on our own determination. We are living a soul driven life. Perhaps we try to take Jesus for a ride-a-long on our soulish Journey. We thank him for making us happy or giving us a job or taking care of our kids, but we fail to relinquish control of our entire lives to Jesus. We are selfish. We trust Him for a moment, then we run back to the soul realm of living. We are on a never-ending rollercoaster. *We are always trying and striving and rarely resting in Jesus.*

Our Emotions - Soul

Many people live driven by their **emotions**. They *feel* like doing something, so they do it. They want to experience a certain *feeling*, so they act a certain way. They chase happiness or self-gratification and find themselves on a rollercoaster of highs and lows. Christians who live by their souls, have little depth or true intimacy with God. They selfishly seek *to feel good* and use good programs to bring counterfeit temporal fulfillment. People operating in the Holy Spirit can and should be moved by rich emotions of intimacy with God. We must not be dominated by the emotions of their flesh.



Explain how you have previously allowed your emotions to control you?

Our Mind - Soul

Often folks falsely believe that living from their **own minds** will bring them contentment in life. Some think of themselves so highly they believe they can solve the world's problems and have no need for God's wisdom. People dominated by their minds perceive themselves too usually be right. They are often unwilling to listen and falsely believe that their mind can bring them happiness. Christians who live from their own soulish mind refuse to submit to the Mind of Christ.

¹⁶ For who has known the mind *and* purposes of the Lord, so as to instruct Him? But we have the mind of Christ [to be guided by His thoughts and purposes].

1 Corinthians 2:16 AMP



How have you previously tried to *think* your own way into success in life? Explain.



Is your definition of success in life changing? Explain.

Our Will - Soul

People who live by their **own will** want things their way and do things as they please. They generally listen only to people who will agree with them. They are stubborn and fail to receive wise counsel. They believe that their plan is superior and have no ears to hear God's plan for them. Many people bound by religious tradition are stuck in dead doctrine, fruitless worship and worship of man.

Jesus spoke the following words as He taught His disciples.

³⁰ “I can do nothing on my own initiative *or* authority. Just as I hear, I judge; and My judgment is just (fair, righteous, unbiased), because I do not seek My own will, but only the will of Him who sent Me.

John 5:30 AMP



How have you previously lived by your own will without consideration of wise counsel or God's Will? Explain.

THE SPIRIT LIFE

SPIRIT - Beneath the flesh and soul lies our spirit man. Our spirit connects us to the Holy Spirit, yet our spirit is most often hidden and small and dominated by our soulish lives. Our spirit man has likely been so overpowered by our flesh and soulish needs that he has been buried. He has been given little value or voice, yet he is the most treasured of all our being. Our spirit is the part of our being that connects and communes with God and will live forever.

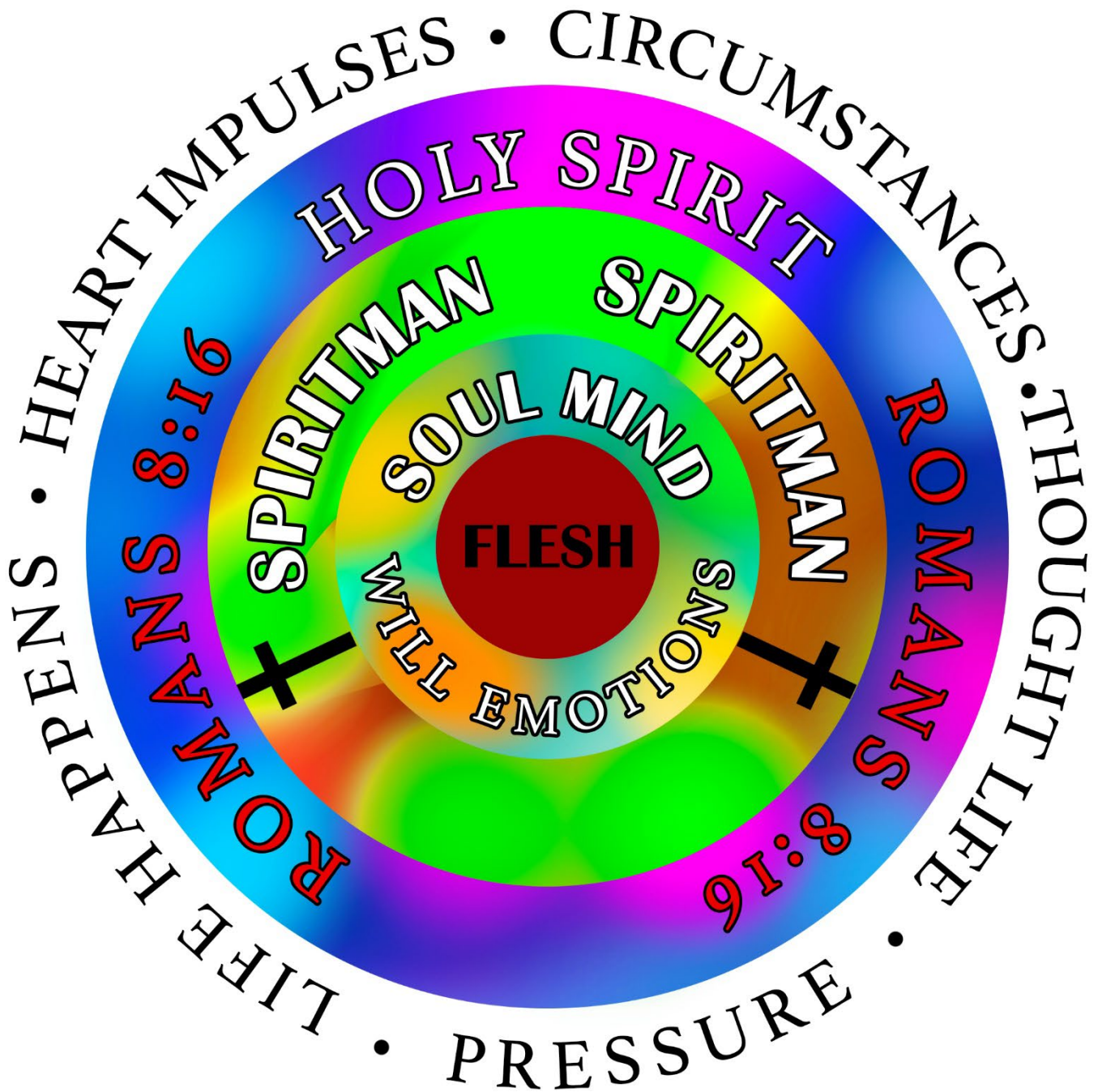
The Spirit Himself testifies *and* confirms together with our spirit [assuring us] that we [believers] are children of God.

Romans 8:16 AMP

Spirit Life

“THEY HEARD THE VOICE OF THE LORD IN THE COOL OF THE DAY”

GENESIS 3 : 8



Our spirit must gain power over our soul and flesh in order to connect to God. Understand that we have a spirit that will live eternally. We desire to order our lives this way. ***We are a spirit that has a soul that lives in a body.*** I often consider our spirit as a little boy or little girl that lives deep within our abdomen. This lost little child has been left abandoned, voiceless; abused by our souls and neglected by our flesh. Throughout the Freedom Phase of Jesus Journey, there has been a liberation of the little child in you. Do you recognize your spirit man? Seek him and release him. You have likely covered him up thinking you were protecting him. In truth you were choking off the most life-giving part of you. Let him live today! Take off the grave clothes and break him out of soul man jail!



Pray now – Ask God to give you revelation about how to grow your spirit and connect your spirit to Holy Spirit. The following prayer will help you determine to live beyond your soul. We pray your spirit will rise to meet Holy Spirit.

Dear Lord, I recognize that much of my life I have been living from my soul. I have been letting my emotions control me, instead of surrendering them to you Jesus. I have been trying to think my way through life and have failed to trust you Lord. I have made my plans and lived by my will and not your will Lord. Today I surrender ALL my soul to you Lord. I allow you to take authority over my emotions, plans, and thoughts. I will give my attention and power to you Lord. I invite you Holy Spirit, to fill my spirit with your presence (Romans 8:16). I ask you Lord to grow my spirit as it rises to meet Holy Spirit. Show me where I have been living according to the needs of my flesh and soul. I surrender my flesh needs and my soulish behaviors to you Lord God in Jesus' Name. Amen

- How are you determining to crucify your flesh and surrender your soul? Explain.



How are you determining to connect your spirit to the Holy Spirit?

Now consider the **Spirit Life diagram**. The spirit life is dominated by your spirit who is connected to Holy Spirit. We intentionally grow our spirit man and give him prominence. Our spirit man seeks the Holy Spirit. We trust Him completely with everything! We recognize when we are allowing our flesh or our soul to have control. We see our selfishness and our own striving, and we stop. We crucify our flesh needs and surrender our soulish reactions. Who is left? Our spirit man is left, and he is promoted to the highest level of importance. All of life's circumstances are met by our spirit man in connection to Holy Spirit. He is the one who drives every decision that we make. *It is from this victory position of unified power, living in the Spirit that we operate, conquer, and overcome in Jesus' Name and to His Glory!*

¹⁰ 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]. ¹¹ For **what person knows the thoughts and motives of a man except the man's spirit within him?** So also no one knows the *thoughts* of God except the Spirit of God. ¹² Now we have received, not the spirit of the world, but the [Holy] Spirit who is from God, so that we may know *and* understand the [wonderful] things freely given to us by God.

1 Corinthians 2:10-12 AMP

Examine **Spirit Man diagram** and observe that the *Spirit has now occupied the greatest amount of space. This is the most critical step to living an ABUNDANT CHRIST CENTERED, SPIRIT-FILLED LIFE!* We no longer need to be dominated by our feelings. We can rather surrender our feelings in fellowship with Christ's sufferings. From these ashes, truth emerges, and we rest in Him trusting Him wholly. God's plan becomes our plan. We begin every decision in prayer asking God for His wisdom and guidance from the Holy Spirit. "Not my will but Your will be done" becomes our lifestyle. We recognize that our minds are limited, but the mind of Christ is all knowing. WOW! We take our renewed mind and ask God to give us His mind. We live from the mind of Christ as we make decisions from God's perspective and not our own. We see people as God does and love them as we love ourselves.

All these wonderful changes will happen naturally through Holy Spirit, not as a result of your effort to change your behavior.



How is your identity shifting from living a soulish life into living a Spirit life?



Explain how you intend to recognize your selfish soul life and be transformed into living a Spirit life immersed in Holy Spirit.

How the Spirit Life Works

We will now consider the spirit man and how God operates through our spirits. Holy Spirit speaks to us through our **conscience** and **intuition**, and He **communes with us from His Spirit to our spirit**. Your previous life had likely been influenced by the devil. Demonic influence will greatly diminish the Power of your conscience and intuition. Your connection with God will activate these Holy senses.

Conscience - Spirit

Our conscience is the discerning organ which distinguishes right from wrong. We don't have to think, our spirit is alerted by our **conscience**. We instinctively and automatically know right from wrong. When we begin to think from our soul and use our emotions, we often justify and rationalize wrongdoing. We deny God's influence in our spirit through the work of our conscience and our conscience lies dormant.



Describe an instance when your conscience told you one thing, but you *decided* to do something different.



Describe an instance when you heard your conscience obeyed.

Study the following Scriptures and understand the work of your conscience in your spirit:

¹⁸ The Lord is close to the brokenhearted;
he rescues those whose spirits are crushed.

Psalm 34:18 NLT

¹⁰ Create in me a clean heart, O God.
Renew a loyal spirit within me.

Psalm 51:10 NLT

¹⁶ **For his Spirit joins with our spirit** to affirm that we
are God's children.

Romans 8:16 NLT

Intuition – Spirit

Intuition is the sensing organ of the human spirit. Intuition does not come from the mind or the body or any part of the soul man. Intuition needs no outside influence. Intuition is an *innate knowing from God Himself*. The revelations of God, through Holy Spirit, are known to the believer through his intuition.



Read the following Scriptures and see how your own **intuition** is alive in your spirit man.

⁴¹ Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!”

Matthew 26:41 NLT

⁸ Jesus knew immediately what they were thinking, so he asked them, “Why do you question this in your hearts?”

Mark 2:8 NLT

³³ When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him,^[a] and he was deeply troubled.

John 11:33 NLT

¹¹ No one can know a person’s thoughts except that person’s own spirit, and no one can know God’s thoughts except God’s own Spirit.

1 Corinthians 2:11 NLT

My friend, we are going deeper now. We are leaving the elementary teachings and seeking true communion with God. Take your time working through this lesson. You may only just now be able to recognize your own spirit. Begin to practice living from your spirit and not your soul.



Give an example of how you have received a revelation from God by way of your intuition.

Communion – Spirit to Spirit

God is spirit [the Source of life, yet invisible to mankind], and those who worship Him must worship in spirit and truth.”

John 4:24 AMP

As we commune with God, our spirit worships. The organ of the soul; the minds, will, and emotions, are not capable of worshiping God. True worship and communion with God occur directly from His Spirit into our spirit. We hear God from our inner man, our Spirit. Our soul or outer man is selfish and natural and cannot comprehend the spirit. Our Spirit may rise and create beautiful emotion as we connect with Abba Father. Understand that *your spirit man must rise in order to commune with God* in True Worship. As our spirit man rises, our soul man must be completely submitted beneath our spirit. In doing so, our spirit will have ears to hear what Holy Spirit is saying.

²³ But the time is coming—indeed it’s here now—when **true worshipers will worship the Father in spirit and in truth.** The Father is looking for those who will worship him that way.

John 4:23 NLT

⁶ But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, **not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.**

Romans 7:6 NLT

¹⁷ But the person who is joined to the Lord is **one spirit with him.**

1 Corinthians 6:17 NLT

¹⁰ **So he took me in the Spirit** to a great, high mountain, and he showed me the holy city, Jerusalem, descending out of heaven from God.

Revelation 21:10 NLT

Lost people, bound for hell, do not have eternal life, yet they do possess the function of worship. Unfortunately, their worship is of evil spirits. Upon true surrender to Jesus, we are born again. The Holy Spirit comes to dwell within our spirit. Holy Spirit dwells within our spirit, but we do not necessarily always operate from our spirit. *We must intentionally crush our soul man so that our spirit man will RISE and live in continual communion with the Holy Spirit.* The spirit in a lost person will be dominated by the soul. It will be tossed to and fro by emotions and manipulated by the mind. The soul only seeks its own way through life. The following Scriptures give this indication.

²² A cheerful heart is good medicine,
but a **broken spirit saps a person's strength.**

Proverbs 17:22 NLT

²⁰ But when his **heart and mind were puffed up with arrogance**, he was brought down from his royal throne and stripped of his glory.

Daniel 5:20 NLT

At this point, you should understand that much of your life, your spirit man has had very little influence. You may also understand now that your soul has been driving your life. You may see how this soulish life has led to self-seeking emptiness and separation from God. Your spirit man has likely been influenced, controlled, and overshadowed by your soul.

Direct words from Holy Spirit - Congratulations! You are now learning to rest in God and communing with Him. Continue to prioritize and grow in His training. Allow God to guide through the Jesus Journey, as you are beginning to walk in great freedom. Congratulations, you are prepared for greater healing that is coming directly from Jesus!

The Great Shift

The Great Shift - From Soul driven to Spirit led!

There is a place deep inside of you where you can no longer lie to yourself. This place is called your spirit. You have been reading about your spirit and prayerfully your spirit man is growing, even now.

Watchmen Nee began chapter two of The Spiritual Man with the following statement: “It is imperative that a believer know that he has a spirit, as we shall soon learn that every communication of God with man occurs there. ***If the believer does not discern his own spirit, he invariably is ignorant of how to commune with God in the Spirit.*** He easily substitutes the thoughts and emotions of the soul for the works of the spirit. He confines himself to the outer realm, unable to reach the spiritual realm.”



Read the following Scriptures and see how the Bible specifically identifies your spirit man.

¹¹ For what person knows the thoughts and motives of a man except the **man’s spirit within him?** So also no one knows the *thoughts* of God except the Spirit of God. 1 Corinthians 2:11 AMP

¹⁶ The Spirit Himself testifies *and confirms together* **with our spirit** [assuring us] that we [believers] are children of God. Romans 8:16 AMP

The soul must be become subordinate to the spirit in order to live from our spirit man.



You have a choice to make. Are you willing to admit that you have been living from the selfishness of your soul? Explain.



Are you ready to make a shift and lay down your soul? Explain.



Are you **ready to submit your mind** to the mind of Christ? Explain.



Are you ready to **live by God's will** and not your own? Explain.



Are you ready to give God control of **your feelings**? Explain.

It's not all that hard to make this shift. Down deep inside of you, lives your spirit. He or She is likely a hurt little boy or little girl that you have buried. They are so wounded that you have tried to hide them and now protect this spirit with your soulish, self-intentioned life. Now it's time to let your spirit live and rise as you intentionally surrender your soul. Examine your thoughts. What is the source of each thought? Does the thought come from deep in your belly or your heart where you hear Jesus? Do these thoughts come from your selfish ego? Do they come from the devil and his bondage? God wants to speak to you. Slow down your flesh. Intentionally stop your soul's dominance and listen.

Pray now- commit to surrender your soul and allow your spirit to rise in Jesus' Name.



Mother's Intuition

God is always on time! Just as I was completing this chapter, I received an urgent phone call from a woman who had just heard the Holy Spirit. This woman is the caretaker of two infants. This special woman is teaching the mothers of the two infants how to take care of their children. God spoke to the caretaker mom and told her to go where the young mothers live. When she arrived, there was clear evidence of marijuana smoke. The young moms were smoking, and the babies were exposed. On the surface, you might say, how horrible! If you will travel a little deeper in your spirit, you will understand how God miraculously saved the babies and is training the young moms *through the intuition in the spirit of the mother caretaker*. God wants us all to witness His supernatural work in our spirits **through intuition**. What if the caretaker was so tied up in her soul she wasn't operating in her spirit? What would have happened to the babies or young moms? My friend, determine to live from your spirit man and just watch the miracles of God multiply in your life!

Our goal in Freedom 6 is to understand *God's rest*. *We understand God's desire for us to live in His rest continually*. Every day we can live *resting* in Jesus, depending on Him, releasing our trials and receiving His love and security. We have long been tormented by our own souls, chasing feelings and demanding control. Now, we covenant with God to live from our spirit in His *rest*. We know without a shadow of a doubt, even when trouble comes, God has got us!! We believe all the circumstances of life are working together for our good (Romans 8:28). We know God has given us the power to overcome. We are citizens of Heaven, and we release Heaven into our lives. We saturate the environments around us and atmosphere among us with Holy Spirit. We do not live restlessly, no matter what happens. We *rest* in You Jesus, knowing we are *Your Treasures*, **no ifs, ands or buts!!**

In this lesson God has been calling you into His rest. He has shown you how to unearth your spirit man in Jesus' Name. He is calling you to live in communion with the Holy Spirit connected to your spirit. This lesson is life changing, training yourself to live in the spirit and operate in God's *beautiful rest*.



Transformation Point – Living in God’s Rest

- We pray God will transform you lesson by lesson throughout Jesus Journey. Transformation comes through your commitment to activate the truths and challenges of each lesson. What commitment are you making to God as a result of this lesson; *Living in God’s Rest*?

We are moving forward in Jesus’ name and nothing can hold us back!