

## ENTERING & ABIDING IN THE REST OF GOD

Walking in the Spirit and not in the Flesh

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**Scriptures:** *Hebrews 4:1-12, Galatians 5:16-25, Romans 8:1-11.*

**From the Scriptures given above, we may conclude, that the “rest of God”** is living by the leading of the Holy Spirit in the will of God. It is walking in the Holy Spirit, *Galatians 5:25*, and pleasing God.

**Within each of us there is a soul and a spirit.** *1Thessalonians 5:23.* **The soul** is our human person, nature and character, by which we relate to other people. **Our spirit**, is the part of our being which relates to God, and is one with the Holy Spirit. *1Corinthians 6:17.*

**Each person must be born again.** *John 3:3,5, 1Peter 1:23.* In the new birth our spirit becomes alive to God and the Holy Spirit. After His Resurrection, Jesus breathed on the disciples, and they were born again by the Holy Spirit. *John 20:22.* This is the Holy Spirit “**within**”. *John 14:17, 1John 2:27, John 14:26.*

**Baptism in water, baptism with the Holy Spirit and baptism into the Body of Christ,** *Acts 2:38, Acts 2:1-4, 1Corinthians 12:13, Hebrews 6:2,* are essential foundations to living in and by the Holy Spirit so that we walk in obedience to God.

**Water baptism** is the outward sign, of the inward reality, of being crucified with Christ, buried with Christ and of rising to a new life with Jesus Christ. *Romans 6:3-6, Galatians 2:20, Galatians 3:27, Colossians 2:12.*

**Baptism with the Holy Spirit** is the Holy Spirit **coming upon** us for service in power. *Matthew 3:11, John 7:37-39, Acts 1:8, Acts 2:1-4, Ephesians 5:18,19.*

The Holy Spirit new birth, when the Holy Spirit comes **within us**, *John 3:3,5, John 14:17, 1John 2:27, John 14:26,* and the baptism with the Holy Spirit, when the Holy Spirit comes **upon us**, *Acts 1:8, Acts 2:2-4,* enable us to be able to hear the voice of the Holy Spirit.

**Our baptism into the Body of Christ** by the Holy Spirit, *1Corinthians 12:13,* is our being “set” into Christ’s Body, the “Church,” *Matthew 16:18, 1Corinthians 12:18,28,* with spiritual gifts that enable us to build the Body. *1Peter 4:10, 1Corinthians 12:7-11, Romans 12:3-8, Ephesians 4:11.*

Our new birth and the three baptisms mentioned above, **enable us to humble ourselves to become as little children, totally dependent upon God, the Lord Jesus and the Holy Spirit.** *Matthew 18:3,4, Luke 10:3,21, Isaiah 66:2, 57:15.*

In this way we are able to **listen, hear, believe, proclaim and obey the voice of the Spirit of God.** This brings us into the leading, plans and purposes of God for our lives so that we can fulfil our destiny in God. *John 16:13-15, Luke 10:21.*

**As we set our mind on what the Holy Spirit is saying** and walk in it, we have life and peace. *Romans 8:6, 1-10.*  
**This is the rest of God.** *Hebrews 4:10.*

**As we walk in the Spirit** we do not fulfil the lusts of the flesh, *Galatians 5:16-25,* but we produce or bear the fruit of the Spirit. *Galatians 5:22,23.*

As we walk in the Spirit we are able to overcome the deeds of the “flesh.” The “flesh” is the old carnal nature of self pleasing. *Romans 8:12-16, Galatians 5:16.*

Now, we will consider more about the “**soul.**” *1Thessalonians 5:23.*

Before we are saved from eternal damnation, *Acts 16:31, Mark 9:43,* by faith in Jesus Christ, *Titus 3:5,6, Ephesians 2:8,* we live by the life of the **soul.** At this stage our spirit is not reborn and we are not alive to God in the Spirit. Before we are saved, we live by our **fallen** human nature. It is called the “**carnal**” nature or the “**flesh**” and it is centred on pleasing self. *Romans 8:5 – 8.* Before we are saved we live independent from God, doing our own will and going our own way. *Ephesians 2:2,3.*

In the process of initial salvation, and after we are saved, *Romans 10:13,* the life of God in our spirit, the Holy Spirit, working through the Word, renews our **soul.** (mind, will, emotions). *Romans 12:2.* Through repentance and faith our mind is renewed to know and believe the Word of God. We make choices to deny self and obey God. *Luke 9:23.*

The aim and objective is to get our soul renewed and submissive to our spirit, so that we are living in obedience to the will of God. However, this is a process of time, in prayer, and in God's Word. It is a process of hearing the voice of the Holy Spirit, denying the self will of the soulish nature, and choosing to do what God says.

**This is entering the rest of God and living in it.** *Hebrews 4:1-12, v10.* Here we have ceased from our own works and are doing what God wants. *Hebrews 4:10.*

**God's Word, Hebrews 4:12, is the divider** between the old carnal flesh nature of the soul, and the life of the Spirit within us. *Romans 8:6.* God the Holy Spirit speaks to us through the Word, as we read it, and shows us if we are walking in obedience to God or if we are pleasing ourselves.

Jesus said, **"If you continue in My Word,** you are truly My disciples, and you will know the truth and the truth will set you free." *John 8:31,32.* In the context, from verse 31 to 36, the freedom mentioned is freedom from sin. (That is freedom from acting independent of God, going against God and pleasing self. *Mark 7:20 - 23.*)

**As we read the Word of God, the Holy Spirit speaks to us and reveals what is the will of God and what is not the will of God.** *1Thessalonians 4:3 - 7, 1Corinthians 6:9,11, Galatians 5:19 - 23, Mark 7:20 - 23.*

As we receive what God has said to us, believe it in our hearts, **the Holy Spirit enables us to be obedient.** *Philippians 2:13, Galatians 2:20, Romans 6:11, Hebrews 13:21, 1Thessalonians 5:23,24, Hebrews 8:10, Psalm 40:8, Ezekiel 36:25 - 27.*

**Walking in obedience to God, as the Holy Spirit and the Word of God lead us, is living in the rest of God. This is the place where we have ceased from our own works, and are doing what God wants.** *Hebrews 4:10.*