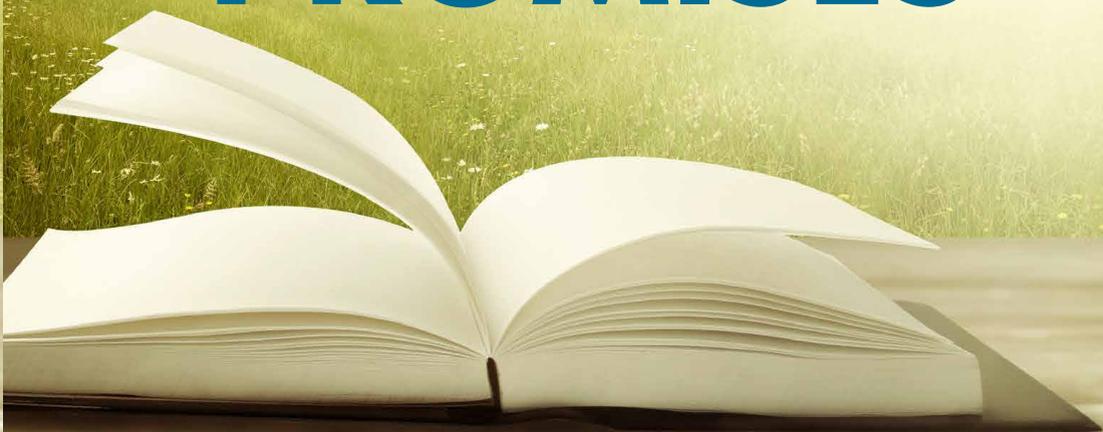


GRACE MINI-BOOK

*Resting*  
**IN**  
**GOD'S**  
**PROMISES**



**CREFLO DOLLAR**

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# *Resting* **IN** **GOD'S** **PROMISES**

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# INTRODUCTION

## What Does it Mean to Rest?

### ⇒ HEBREWS 4:1-11 ⇐

*Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it. For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. And in this place again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.*



What does it mean to enter into that rest? This passage does not refer to a lazy type of rest. No, this *rest* has a deeper meaning. It is resting even while working. It is an inward attitude that shows on the outside. When we are really resting God's way, we experience a peace that passes all understanding. Why? We have stood on a promise from God long enough to allow it to saturate our souls. We have built a stronghold of that Word. We are working, doing whatever needs to be done, while having a deeply-rooted confidence in God. We trust and rely on Him as our Source. In our rest, or confidence, in God, we know that just as He completed all creation from the beginning, He has also completed everything we will ever need in this lifetime! He wants us to *believe* and not fall into unbelief like the Israelites did in the wilderness. He wants us to trust Him to guide our lives so that we can see the manifestation of what *He* has done and the plan *He* has in mind for each of us.

How do we know we *haven't* entered into His rest? It is evident by the words we speak. We have a tendency to speak words full of doubt and unbelief when we find ourselves in a hard place in life. However, even in that place, God wants us to labor to enter into this rest. In other words, we work our faith by staying focused on either the written Word or the spoken (Rhema) Word spoken directly to our situations. We remain steadfast, meditating on it until we have confidence, assurance, and peace. We need to get to the place in which we trust God despite our circumstances.

# CHAPTER 1

## Jesus is Our Rest

*Matthew 6:28-33, NLT, states, “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*



God doesn’t want us to struggle in life, thinking we have to operate using our human efforts alone. The truth is we were not designed to live our lives without Him. Stress is the result of our striving to do things without God’s help.

God is delighted when we seek Him. He wants us to allow Him to be involved in our everyday affairs—even the small details. Again, He has a perfect plan for us, and He wants us to rest in that truth, knowing that He is ordering our

steps! Psalm 37:23, *NLT*, states, “*The LORD directs the steps of the godly. He delights in every detail of their lives.*”

Many Christians argue over what day to observe as our Sabbath day for the week. They argue whether Saturday or Sunday is the appropriate day to worship God. Colossians 2:16-17, *NLT*, states plainly, “*So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths. For these rules are only shadows of the reality yet to come. And Christ himself is that reality.*” The Sabbath was a day of rest for the Jewish people according to the old covenant. They actually physically rested on that day, but the *rest* was also symbolic. It foreshadowed the Savior to come.

As we can see by the scripture in Colossians, we need to understand what the Sabbath truly represents. It's all about an inner attitude, a mindset, and a way of life. We observe the Sabbath in our hearts, by understanding that Jesus is our Sabbath (Exodus 20:8-11). We can rest in Him, knowing that with Him, all burdens are removed. Matthew 11:28-29, *AMP*, states, “*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.*”

Again, the rest we are talking about goes deeper. It penetrates the soul! We can be at rest physically and still not have rest within our souls. However, when we meditate on all that Jesus is to us, we find divine peace. We rest in the fact that He knew each of us before the foundation of this world. God has a plan for our lives, and it is a wonderful plan. None of us is here by accident. We may *not* have been planned by our parents, but God has a plan for each of us! We can now rest in that knowing that He is all the while at work within us, energizing us to do His will (Philippians 2:13).

One of the worst times in my life was when I tried to create my own purpose. I wanted to go my own way, and do my own will. Well, things didn't work out as I had planned! My will wasn't going well for me! I wanted to play football, and eventually become a professional football player. I had played high school football, and I really enjoyed it. However, when I went to college, it seemed the more I tried to succeed at football, the more I seemed to fail. That is not all. I was badly injured while playing a game. Then crazy things began to happen—even supernatural things! It became abundantly clear that God did *not* want me to be a professional football player! If I had forced my dream of being a professional football player, I know I wouldn't be traveling all over the world, preaching the Gospel. No, I probably would not have even married my beautiful wife and had my girls! God will graciously provide what I call *spiritual bumpers* at times! *Is*

*God cruel or mean? Does He like ruining our plans? Does He punish us to get us into His will?* No, not at all! With spiritual bumpers, He lovingly guides us into His will. He disciplines us like any loving father would and literally bumps us back onto the right course! We should be so grateful that God does those miraculous things in our lives! I know I am so grateful! I'm glad He didn't allow certain things to happen. I'm happy being in the place He wants me to be, doing what He wants me to do!

Remember, nothing is impossible to God. Even if you think you've waited too late to get into His will. Let me tell you something, He can get you back on the right course even if you are 70 years old! Look at the life of Moses. God used Him when he was 80 years old! God knows your steps, and when you allow Him to, He will direct your steps. I don't care if you are 40 or 80; He has an anointing just for you. If you will receive it, that anointing will remove burdens and destroy yokes, and He will get you where you need to be.

Ultimately, we run into failure when we live outside of God's will for us. There may be people who *seem* to have found success on their own. They call themselves *self-made* millionaires and such. However, God has a plan for us that leads to ultimate success in life! He wants us to experience *His* best for success. He fulfills His plan for us, and *nothing* can be more fulfilling!

One of the greatest expressions of our faith is when we enter into God's rest. Consider this—really, how did we get saved? We heard the Word of salvation, and we were convinced salvation was what we needed! We went down to the altar to allow Jesus to come into our hearts, and to be Lord over our lives. We prayed that salvation prayer, believing it was all done! We knew it was finished; our salvation was something that had been established! We were willing and ready to receive it and believe that we were saved, no matter how we felt or what we saw happening around us! All these years have gone by, and we (those of us who are saved) are still resting in the assurance that we are born-again Christians!

This is how we receive *everything else* in the kingdom of God! We rest in what we believe we have received by faith. We have to rest in our healing, prosperity, and deliverance! When we do not see manifestation quickly, we have to rest assured that we have what Jesus died for us to have. We have those things that God has finished for us, even those things He has planned for us from the beginning. We should simply rest in that.

Isaiah 53:5, *AMPC*, states, “*But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well-being for us was upon Him, and with the stripes [that*

wounded] *Him we are healed and made whole.*” By His stripes, we are healed and made whole! We have to rest in that! I didn’t say the labor process will be easy. Later in this book, I will teach you further on how to *labor* to enter into this rest! In other words, we work our faith, we meditate, and we remain focused and steadfast, employing patience, to see the manifestation of what we believe we have received because of Jesus.

Notice the scripture, Isaiah 53:5, *AMPC*, says that our need to obtain peace was upon *Him*, as well. When we focus on Him, He keeps us in perfect peace (or rest) (Isaiah 26:3). When we keep our mind on His Word, we remain in peace. Whenever we face a challenge, we need to find a scripture that pertains to that situation and meditate on it. And when we can’t figure out a scripture or even have problems getting in the Word, we can always pray in the Spirit, and the Holy Spirit will help us in our weaknesses (Romans 8:26).

## CHAPTER 2

# Laboring to Enter into the Rest

➤ HEBREWS 4:11 ⇐

*Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.*



Again, the above scripture seems to be an oxymoron in that it is telling us to *labor* to rest. The *rest* I'm talking about here is again, not physical rest, but that peace, confidence, and trust in God that pass all understanding. In other words, we are to labor to enter into the God-kind of peace, knowing we will see God's promises come to pass. As I stated earlier, we labor by working our faith. We keep our faith steadfast and consistent until the time we see the manifestation of what we believe. We bite down on a scripture like a bulldog and refuse to let it go! Even if our emotions are going wild (which happens to everyone), we have to remain steadfast and focused on what we believe we have received from God in the spirit realm. We rest assured in confidence that it is done though we haven't seen it in the physical realm.

Here's an example of laboring to rest. One day, Taffi and I were flying over the Pacific Ocean, and the right engine of the plane went out! Taffi looked at me and asked, *what happened?* Then I found out that we had lost an engine! I

started looking around for certain safety measures such as the ledger to pull in the case of an emergency! My wife now jokes about my moment of panic, but then we immediately got focused on the Word after that. Some of us on the plane prayed in tongues while others quoted Psalm 91. We fought to rest and not to go into panic mode. No. We started to praise and thank God before we even had the victory, and eventually that is exactly what happened! We lived to tell the story!

We've had a number of challenges with planes. There was another incident in which we had an issue with the hydraulics on the plane. The hydraulics on the plane simply went out while we were flying, and we didn't know if the plane would be able to land properly because it couldn't slow down. The pilots told us that they were trained to land the plane during such an event. This time, Taffi didn't even know what was going on, but she was already resting in a sense. She was absorbed in praise and worship music. She had her headphones in, and I figured she was already in the right place, so I began to quote scriptures of protection over our lives. When we landed, we landed really fast! There were fire trucks and ambulances there waiting for us, but we were fine. We landed way too fast, but we were safe and sound.

Another time we had to enter into God's rest was while traveling through St. Elmo's Fire one night. St. Elmo's Fire is

a weather phenomenon; it describes a type of kinetic energy. When we went through it, it seemed as if all the power in the plane went out completely! We started dropping, beginning with one big plop! We were swaying all over the place, and falling out of our seats. Jeremy looked back at me as if to ask, *are we going down?* But even with that, I heard the Lord say to me, *I got you!* I just rested in that Rhema Word He spoke directly to my spirit for that situation!

I'm not teaching something I don't know about! I have learned, through experience, how to labor to rest! I remember *laboring* to rest a couple of years ago when I got a bad health report. I went to the doctor to hear a diagnosis after a check-up. My heart skipped a beat when the doctor told me I had a *very* aggressive form of cancer. Again, Jeremy was with me and said that everything would be okay. I didn't say anything. Meanwhile, a representative of Ricky Smiley's show called me about being on a comedy show. I didn't know if I should do it, but I heard the Lord say go and ahead and do it. A comedy show would stir my joy, and the joy of the Lord is our strength! Well, I committed to do the show, and while doing the comedy show, I experienced the joy of the Lord *all* day! I laughed literally the entire day!

I came home that night and told Taffi about the doctor's diagnosis. She was just a champ about the whole thing, and she immediately asked about my *plan*. She was not referring

to the medical plan, but the spiritual plan I had. First, I decided that I wouldn't go into panic mode. However, I knew the fight wouldn't be without fear attacking me. I had to fight fear, and it wasn't an easy fight! I remember how every time I passed a graveyard, I would break into a sweat! Even when I saw something about death in the Bible, I would just break into a sweat again. But I had to fight to maintain my rest, my confidence, and my trust in what God promised in His Word concerning my healing. I knew that by His stripes I was already healed, and I only needed that healing to manifest in the physical realm. I refused to contaminate my faith.

Every time the devil would try to attack me with fear, I came back with the Word of God. Just like Jesus did in the wilderness when the devil tried to tempt Him. I would say to those fearful thoughts, *No! By His stripes, I AM HEALED according to Isaiah 53:5! I rest in my healing right now! Shut up devil!* I took communion over it. I made my confessions. I would walk up and down my hallway just confessing the Word—*that* was my labor!

That is what laboring to rest looks like! I wasn't going to curl up in a corner somewhere, and get all dumb-deep, saying, *well, I guess this is God's will!* No! IT IS NOT His Will according to His promises of healing! He made that clear in His Word! Jesus went about healing people when He walked the earth! Dying of sickness is *not* His will! We

have to learn how to respond when the enemy tries to attack us and destroy our lives! We can do the same thing with any deliverance we need, any type of trouble or situation facing us, such as sickness or lack! Isaiah 26:3 is really talking about getting in position to rest. He will keep us in *perfect* peace when we keep our mind on Him.

## CHAPTER 3

# The Practical Side of Rest

It is one thing for Christians to talk about resting in God (in a religious sense), and another thing to know how to actually *enter* into that rest. Working our faith is a key component, because when we keep our faith working until we have peace, we'll reach that secret place of divine rest. Do you think the devil wants us to reach this place of rest? Of course not! Again, one of his strategies to move us away from is rest by instilling fear into us. He whispers lies, telling us that what God promised will not come to pass. But, as I stated before, fear tolerated is faith contaminated, and God needs us to have faith to bring us the manifestations we seek. By studying the Scriptures, we can find some useful tools to use while working to rest.

The Word only works when mixed with faith. When the Gospel is preached, only those who add their faith to it will benefit from it. God's works were finished from the beginning of the world. We must work in faith to enter His rest (Hebrews 4:2, 3, 11). Stress, care, and worry can block manifestation in our lives. However, when we are emotionally shaken, there are practical things we can do to find our place of rest. Here are six suggestions:

1. We can find the scripture or scriptures that refer to the

specific situation. These scriptures bring us peace no matter what we face (Isaiah 26:3, John 14:27).

2. We can allow the Word to transform our thinking (Proverbs 23:7, Romans 12:2).
3. We can meditate on the answer found in the Word, and keep meditating on it until we can imagine the results (Joshua 1:8).
4. We can monitor our words, being sure that what we say agrees with what we truly believe according to God's Word (Romans 4:17).
5. We can begin thanking and praising God for He has promised us in His Word.
6. We can utilize the grace gift of praying in the Spirit (1 Corinthians 14:2, *AMP*, Jude 1:20, *AMP*, 1 Corinthians 14:14, Romans 8:26, Isaiah 28:11, 12).

### **Overcoming Anxiety and Stress**

Let's back up to Matthew 6 where Jesus teaches us how to handle anxiety, worry, and stress. Throughout the Bible, we find scriptures about how to handle fear, even when trouble surrounds us. Jesus tells us that we do not need to worry. What is His suggestion? Well, He advised something akin to taking a walk and observing nature. Nature walks done Jesus' way can help us overcome anxiety and stress. How? It can help us slow down long enough to observe the birds and flowers. He said we can learn a *valuable* life lesson from pausing to observe nature. Matthew 6:25-29, *NLT*, states:

That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.

Jesus was an advocate of rest. Remember, we are referring to the rest that is confidence in Him, seeing Him as our Source. He also wants us to rest physically, but He doesn't want us to become lazy. However, His *rest* is also the spiritual rest we mentioned earlier, having trust and peace that pass all understanding.

Here's another example. Jesus got on a boat with His disciples, saying they would travel to the other side, and He went to sleep. A great storm arose and the boat was tossed to and fro, and began to fill up with water. But Jesus continued to sleep through the storm. Take note of how many of us have anxiety in the middle of the *storms* in life, even when we do believe Jesus will take care of us. We sometimes have

that moment of fear when we take our eyes off of Him. Mark 4:35-39, *NLT*, states,

“As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.” So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?” When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm.”

We have the *same* Jesus with us today! Whenever the storms of life hit us, we can find rest and assurance that Jesus is with us! He hasn’t deserted us or left us alone just because a storm has come. No, the Word also tell us to be anxious for nothing, and when we bring all our requests to God in prayer and supplication, His peace, which surpasses all understanding, will guard our hearts and minds through Christ Jesus (Philippians 4:6, 7, *AMP*).

### **Confidence to Rest**

When we truly learn to rest in God, even when the cares

of the world bounce us out of our place of rest, we can quickly move right back into it. God can only work on our behalf when we trust Him enough to rest. However, He will not force us to rest. We have to make a quality *decision* to rest and have confidence in Him.

Belief and confidence are closely tied together. Unbelief is the reason people do not enter into the rest that allows them to receive God's promises. We know we truly believe if we have peace. We labor in faith. This *work* is required to get us back into spiritual rest. The enemy does not want us to rest. We are not warring to win the victory over him because Jesus has already won that victory. We have to fight to maintain our stance in victory! The enemy will try to knock us off the Word and out of our rest. But we have to remind him of what the Word of God says specifically about our situations and circumstances.

Our confidence has a spiritual payday attached to it. That payday is the manifestations we seek. That is why we should not cast away our confidence because it has a great recompense of reward! We need patience to do God's will, and that patience is not simply waiting, but being steadfast, standing on God's Word (Hebrews 10:35, 36). Again, it is that image of a bulldog, biting down on something and not letting it go no matter what happens! That is how a Believer should be with God's Word! The enemy cannot stop the

Christian who will believe God with that bulldog-type faith!  
Below are six practical ways we can get back to our place of rest, when we are momentarily knocked off.

1. We can keep renewing our minds with the Word. Renewing the mind is not a one-time event; it is a lifetime habit (Romans 12:2).
2. We can confess the Word out loud (Hebrews 10:23).
3. We can continue to meditate on the Word (Joshua 1:8; 1 Timothy 4:15).
4. We can pray persistently (Luke 18:1).
5. We can hear the Word to increase our confidence in it (Romans 10:17).
6. We can stir ourselves up where the love of God is concerned. We have to make it personal, and believe that no matter what we deal with, God does indeed love us.



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