

# Abide

A GUIDED STUDY ON  
BIBLICAL REST

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"To rest is to abide"

The Holy Ghost

# THREE KEYS TO SUCCESS

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ABIDE STUDY + PODCAST



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# Hey Love!

I'm so glad you're here. However I can only imagine that if you're reading this study, you're a lot like me.

You see, I totally love the idea of resting. I think it's a great concept, it sounds refreshing, and I love to love the idea... but I'm not very good at it. In fact- I'm not sure how to do it at all.

Now, I will admit that in the last wilderness season I was in (shew - that one was a doozy. More on that later .. ) my soul found rest.

It was a sweet rest, in the middle of everything falling apart- I didn't lose my peace, my heart was at rest. Since then I've wondered how I can access that type of rest, without walking back through that awful season. In fact - just the other night one of my best friends, that's been with me through it all, messaged me and said that she was praying for me and she felt the Lord tell her that this summer was going to be one of rest.

:::insert sigh of relief:::

I was so happy if I could have hugged her through the phone I would have!

I said "I receive it. I need it, this last season has been a doozy"

So I began to go ahead and thank the Lord for a summer of rest- without even knowing how I was going to access that sweet r-e-s-t.

But- he's a good God. And while I was driving g down the road he gave me instruction.



He so clearly whispered to my heart  
"to rest is to abide".

And that led me to my Bible, my  
concordance, a bubble bath and my  
journal.

Then those notes led me to you, right  
here.

Are you ready?

Don't put your work shoes away just yet-  
there's much more to abiding than meets  
the eye.

Let's go.



Podcast Intro



The word “Abide” is used 61 times in the Bible. It’s the Greek word “menō” and it means to stay in a given place, state, or relationship with expectancy. To continue, dwell, endure, remain and tarry.

Wow.

When I read that meaning I thought I could just simply give you that definition and walk away. There’s SO much packed in there I’m not even sure I can tell you everything in the way my heart has received it!

But – I’m going to try.

The first thing that sticks out to me in the definition is the fact that to “abide” doesn’t just mean to wait, but it means to wait / dwell with expectancy.

It takes me back to faith and it’s relationship with works. We must have faith to even receive salvation, however our faith should propel us to good works. And if it doesn’t, then our faith is dead. And I’m not sure we are very useful with dead faith.

So abiding doesn’t just mean waiting on God, it means waiting with expectancy.

Sounds to me a little bit like praising him in the hallway before your next door opens.

Have you ever heard someone say “tarry here just a little while, I’ll be right back”? My Mamaw used to say this. And while I waited on her, I waited with expectancy, watching the doorframe because I knew she was coming back. I knew she was a woman of her word.

God is a man of His word.

### ABIDE IN HIS PROMISE + PRESENCE

We cannot very well abide in this promises, if we do not know them. And quite frankly we cannot do much abiding at all if we do not know the father, if we do not have a relationship with him. As you read the word of God, you understand His character. As you understand his character you know his heart, his voice and his will for your life.

## Day 1 Wrap Up

### SCRIPTURE TO READ

*before moving forward be sure to read these two chapters in the Word.*

*PRO TIP - Read these passages in at least two different translations to fully grasp the concept of the scripture.*



- Psalms 15
- John 15

### Pause - Journal Time

- Reflect on how you rest currently. Is this an area you think you can improve on? If you feel this is an area you are strong in, what is a tip you can share with your friends struggling in this area?



- Write three of your favorite promises you can find in the word of God
- Of these promises, how can you direct them to helping your mind and heart to rest in God?

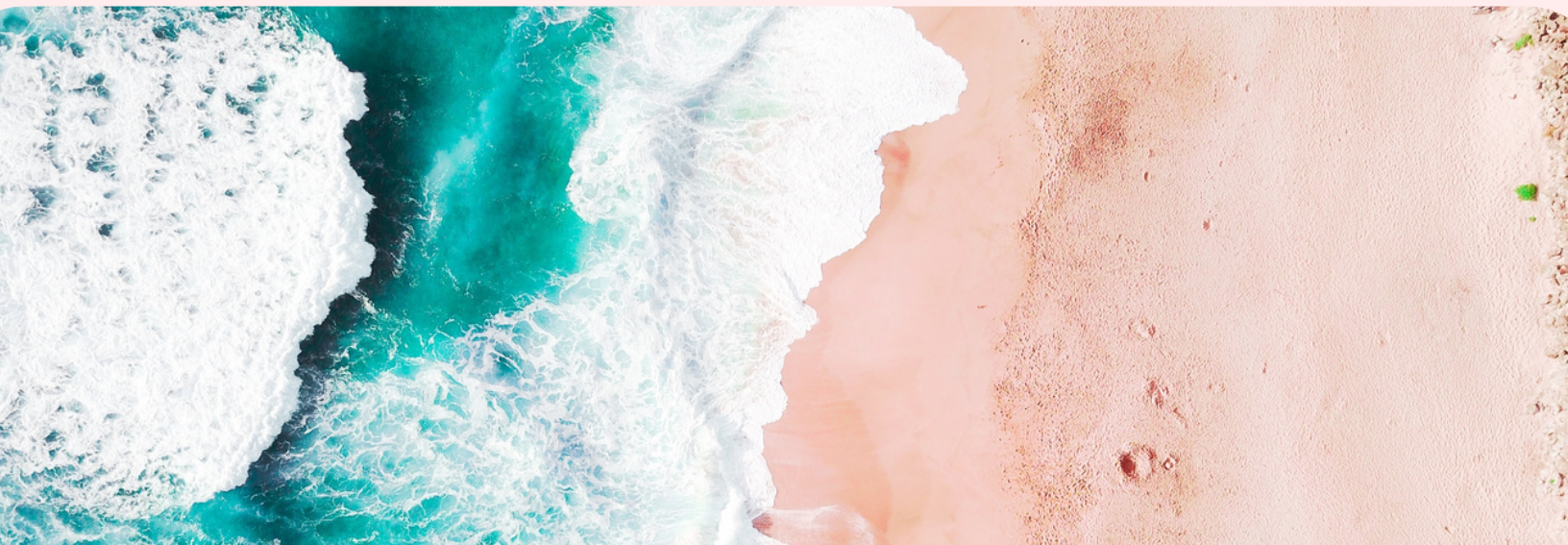
## Day 2

### WHO CAN ABIDE?

In Psalms 15 we see the qualities laid out of someone who is able to abide / remain in the presence of God. The first verse in the KJV uses the word "abide", it says "Lord, who shall ABIDE in thy tabernacle? Who shall dwell in thy holy hill?"

The Amplified says "...who may dwell **continually** on Your holy hill?"

I think it is interesting in a society that tells us everything goes, and that no change is required after salvation this chapter in Psalms shows us that in order to dwell in the secret place with God, in order to get rest for our souls there are some qualities we are going to have to exhibit. We will have to live a set apart life. The Holy Ghost cannot dwell in a place of darkness. Or a place that is privy to sin. Even in the Garden (all the way back in Genesis) we watch people who walked with God, who knew no shame, who had no part in sin - suddenly become separated from God BECAUSE of sin. They hid themselves, full of shame.





Ever since this first sin encounter there has been a war inside of us. One part of us pulling towards our sin nature, the other striving for closeness with God.

The only way we can assure that we are able to walk with God again, is to refrain from sin, and to live a life that produces good fruit.

If we look closely at Psalms 15 we can understand the qualities listed a little better, here is a peek into my concordance for each phrase;

**He that walketh uprightly** means a person who is free from wrongdoing, undefiled.

**and worketh righteousness** meaning someone who is morally right.

**and speaketh truth in his heart** someone who is trustworthy

**he that backbiteth not with his tongue**

someone who doesn't tell stories on others, someone who doesn't slander

**nor doeth evil to his neighbor nor taketh up reproach against his neighbor** someone

who does not cause their neighbor adversity, one who does not cause affliction or displease them with their actions or words

**In whose eyes a vile person is contemned**

**but he honoreth them that fear the Lord**

God wants us to not esteem those who do harm and wicked things, but to respect and honor those who fear the Lord.

**He that sweareth to his own hurt, and**

**changeth not** this is someone who will honor their word, even when it doesn't benefit them

**He that putteth not out his money to usury**

when we loan people money who need it, we are not to charge interest on that money

**nor taketh reward against the innocent**

someone who is not involved in bribes or bets against the innocent

**He that doeth these things shall never be**

**moved** If you have these qualities you will not waiver

Wow – What a list of qualities. All of these things seem like simple moral truths to hold when you are living a life led by the Holy Spirit But, if we look at them through the lens of the World we can see many things that buck the system.

The world teaches us that we should do whatever it takes to get to the top, we should follow our heart and make room for ourselves. It tells us to take advantage when we can and to always look out for yourself.

However, I have learned that the ways of God often contradict our logic, and natural instincts. God's laws seem to be, a bit backwards. For example – God says that if we want to be blessed, we should bless others. If we want finances, we should give. If we want a friend, we should extend friendship to someone else. The world tells us that since no one is looking out for us, we should do everything we can to climb to the top. But as a sold out believer we must let God do the leading, the promoting, and the advancing. All the while we stay humble and ask for the boldness to walk through the doors he opens for us.

"you do you!" is the worst advice we can possibly take. Our heart is deceptively wicked according to Proverbs, and in our flesh there is no good thing. So no – we should not "do you, boo" ... we should do what is Christ honoring, and Biblically sound.

*okay, I am stepping off my soap box.*

*back to Abiding in his Presence...*

God has record of always searching the Earth for people who are the least likely candidates that have a pure heart. That is what it will take to abide in His presence. And the more we abide under the shadow of His wing, the more we become like him.



In just a few moments you will see that to wrap up today we will read Psalm 91. But before we dive in, I want you to think about a few things as you read. Yesterday we spent time in Psalms 15. We looked at qualities of a person who is able to abide in His presence. In Psalms 91 we see the *benefits* of someone who is able to abide with God. After understanding Psalms 15, does it help you see the "worth" of abiding?

Remember friend, God does not give us a list of "rules to follow". Rather he outlines boundaries for us. He is our maker, and he knows what is best. Imaging getting in a brand new car without getting the run down from the salesman, or even cracking open the Manual. That would be silly - we want to educate ourselves on how to safely operate the car so that we don't hurt ourselves, or other people. This is exactly how it is in the Kingdom of God. We must glean from the Word and other seasoned saints on what is profitable for our lives, and what will lead us to destruction. Just as you can trust the manual for your car, we can trust the maker of our universe, and the boundaries he sets in place.

## Day 2 Wrap Up

### SCRIPTURE TO READ

*before moving forward be sure to read these two chapters in the Word.*

*PRO TIP - Read these passages in at least two different translations to fully grasp the concept of the scripture.*



- Psalms 91
- Psalms 23

### Pause - Journal Time

- Reflect on the similarities in these two chapters of Psalms. As David talks about the benefits of God take time to translate them into language applicable to your life today
- Is there something in these passages that you are longing for that you don't currently feel? Write this out and ask God to help you accept His free gifts



*Podcast - In my Field*





## Day 3

*Abiding is not stopping,  
it's resting.*

### PRESSING IN THE PRUNING

John 15 talks with us about the process of pruning, and not only the process but the absolute necessity of pruning.

*I know – you thought this was a study on abiding, so why am I talking about so much work? First character protocols and now pruning??*

Well – That seems to be the kicker. In order to know how to abide in His rest, we have to be willing to trust him.

And that means trusting Him in every circumstance.

That is what enables us to rest in the middle of the storm.

Abiding is not doing nothing, it is resting in the doing.

It is peace in your heart in the waiting, and in the plowing.

Peace comes from the ability to abide in His presence no matter the circumstance because you have expectation – because you KNOW that if He did it before, He can do it again.

*::: Pause to Praise :::*

*What is a personal testimony of how God has provided for you in a time of trouble?*

*Give God thanks for this.*



### Pruning Podcast

So, now that we have looked into Psalms 15, and John 15 I think we have discovered much of the truth behind abiding together.

The secret to abiding is to remain. To tarry. Remember this part of the definition? If we can tarry in His love, by following His commandments, if we can be in His presence by walking out John 15, if we can fill our mind with His word, and in turn reveal His character within us, we will become like him.

We will be transformed.

When we are transformed from our carnal mind, into the mind of Christ we cannot help but to remind ourselves of the promise of God. We cannot wait to be in his presence, we count down days until we are joined again together with other believers.

Abiding is all consuming.

It will be the state of our heart as we walk in intimacy with him.

Wow.

Doesn't that take the pressure off?

Here I have been trying to understand how to plow this good ground, and rest.

It felt contradictory.

But – let's not get ahead of ourselves. The lord has shown me more. Ready?

### **Immoveable.**

When you hear the word ABIDE I want you to think IMMOVABLE.

If resting our mind and heart means to abide and wait with expectancy upon the Lord, it shouldn't matter what circumstances or storms life throws our way. We should not fret because we know in whom our hope lies. like my papaw just to say, "We know our anchor holds!"

We should refrain from simply memorizing rising scripture that we cannot put into action. The scripture needs to come alive within us. When we read the words on the pages of our Bible our spirit man should say "that is my maker!" and "This is the voice of my Father!" The Bible tells us that we are to worship in spirit and in truth. We are spirits first, who have a soul and live in a body. The words of the Bible are live giving letters to the believer.

Psalms 125 says that those who **trust in and rely on** the Lord with confident expectation are immoveable. See that word again? expectation. Confident expectation. We can be sure that God IS who he says he is, and that he never changes. Therefore when we know our anchor is immoveable, we can rest in that assurance. No matter what tides may come, we will remain at peace.

So, when the enemy comes knocking with his fear, his anxiety, his worry, you must combat him with the same sword that Jesus used – The word!

## Day 3 Wrap Up



### Sword Podcast

#### SCRIPTURE TO READ

*before moving forward be sure to read these two chapters in the Word.*

*PRO TIP – Read these passages in at least two different translations to fully grasp the concept of the scripture.*



- Psalms 125
- Hebrews 4

#### Pause – Journal Time

- What are your thoughts about using the Word as a sword? What does that mean to you? Do you feel familiar with your weapon?
- How can you sharpen your weapon?
- What does it look like to be immoveable? Is there a place in your life that is begging you to fall to worry? How can you take a bold stance in Gods word against this temptation?







## Day 4

Earlier I mentioned that Adibing didnt equate taking away your work shoes. We can see from John 15 that we read earlier that God **REQUIRES** us to bear fruit. This fruit is the fruits of the spirit, which you can read over in Galatians (my favorite book of the Bible!) chapter 5.

They are as follows;

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self Control

We cant very well produce these fruits if we are sitting in a realm of do-nothing.

And we also know that Faith without Works is dead. The Bible says that even demons believe ... wow.

So If all you have is belief, what differentiates you from the demons?

*ouch- I know*

But these are the questions we must ask ourselves. Do I just believe? Or Do I have a belief that propels my faith to action, and a life that produces good fruits?

John 15 shows us that if we dont have any fruit, we are cut off and thrown in the fire. I dont know about you, but that sounds a lot like hell to me. A picture of the judgement.

It then goes on to tell us that if God sees us producing fruit, he prunes us to produce more fruit. Then he says that fruit brings glory to the Father, and when we are living a life like this we can ask what we want and it shall be done.

Friend! These are red letters. These are the words of Jesus. What a powerful picture of the Kingdom.

Pressing through the pruning is a painful process, but when we retreat during this time and we don't continue to abide - we are at risk for spiritual death.

I promise, I am not trying to be dramatic. This is serious business. Have I told you about the Vision I had of the cradle? Well - I will remind you in the podcast for this lesson. It is vital that we are an awake church, an effective church, a fruitful church.

Remember, it isn't enough to believe. Even demons believe.

Imagine what would happen if a bush that you were pruning suddenly got mad after you pruned it, and it refused to take up water anymore.

Water gives plants life. And you pruning the branches is what the bush needed.

Prayer and the word, time in His presence is what gives the believer life.

When we are being pruned it is for our own good, whether we realize it or not.

The Word shows us that everyone will be pruned and cut on. Joyce Meyer (one of my favorite people...) says "you are pruned if you do, pruned if you don't" LOL

we cannot escape this process, so we may as well lean into it, trust the painful shears of the Father and allow him to trim us where needed. Only He knows the path ahead of us, and the things that will rub us and others the wrong way if they are not buffed away.

Not producing fruit? Cut off  
Producing fruit? Cut on

God is in the multiplication business. He says that he desires that we make abundant good fruit to bring Glory to the Father.

When the pruning process begins our first reaction may be to get offended, to quit, to run away -- to go back to the very vice that got us in trouble in the first place. Be it gossip, slander, drinking, fornication.

God desires us to come to HIM in our brokenness. When we are a tree planted by the still waters, at times we may be looking a little skinny, with branches fallen to the ground. But rather than scooping up all the broken places and trying to fit them back in- The Lord says *trust me. I am making all things new, and I am producing much fruit, better fruit. Yes, this hurts but I have MUCH for you. This looks like a set back, but it is a set up.*

Go 'head! Text your bestie and say -

*this looks like a set back*

*but God says it's a set-up!*

Know what is so cool about the fruit on the trees? It's not for the tree.

When is the last time you saw an apple tree chompin' on its own apples? Never.

The fruit is for the people around you.

When they see you ABIDING in the promise, the presence and the character of God they will look at you and think - Wow. I want what she's got.

It sounds chicche but it is so true friend. The enemy may try to convince you that you aren't impacting anyone, but oh what a lie that is! People are watching you. To see how you respond, to see if you really believe what you say. To see if you practice what you post.

The world is hurting, and they are looking for an answer, an antidote to their pain. Friend - we have that answer! We offer the cure to a hurting and dying world. But without our fruit, what will they turn to?

The serpent.

His lies and his bindings.

Oh - Not today Satan. We will have fruit that remains. We will produce much fruit. Our roots will be deep and effective! Because we are a tree that is PLANTED but he still waters, we will ABIDE under the shadow of the almighty God, we shall NOT be moved.

## Day 4 Wrap Up

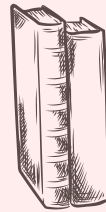


### Podcast - Sleeping Church

#### SCRIPTURE TO READ

*before moving forward be sure to read these two chapters in the Word.*

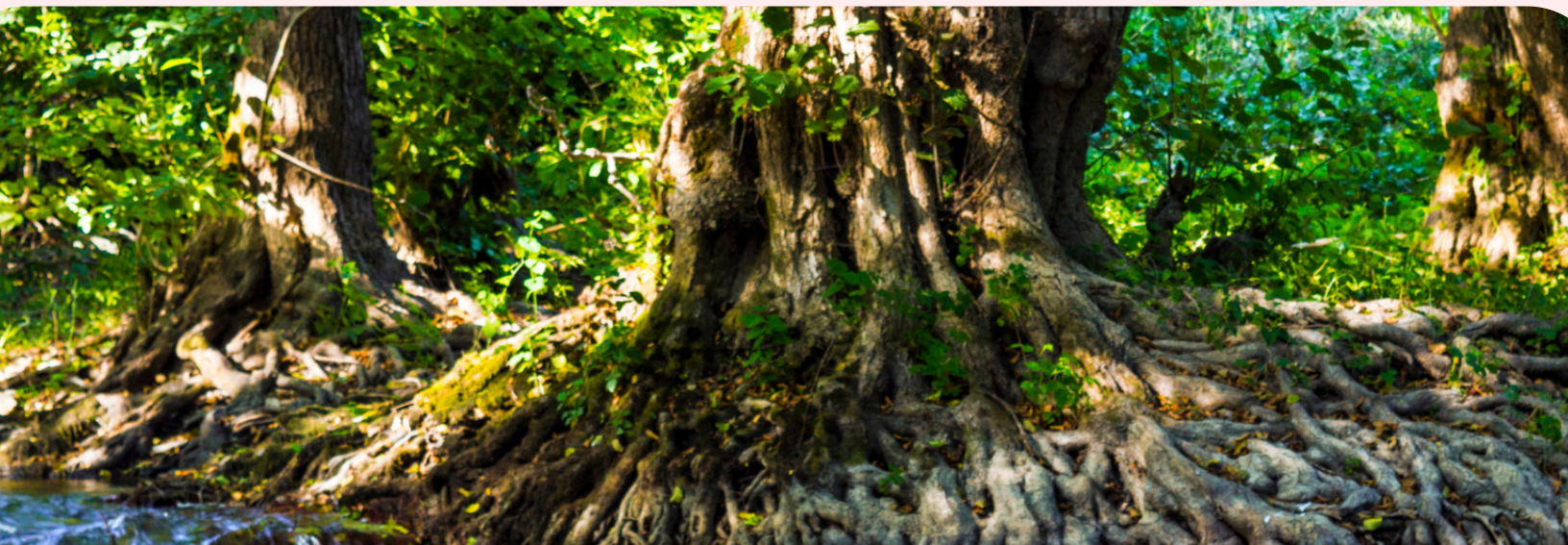
*PRO TIP - Read these passages in at least two different translations to fully grasp the concept of the scripture.*



- Psalms 23 (yes, again)
- John 15 (yup -- again)
- Romans 8

#### Pause - Journal Time

- this one is on you friend. Write a letter to the Lord. Be honest about your fruit, talk to Him about your roots, His pruning. Pour your heart out, He's waiting for you.





Friend!

You did it. Now you have the tools you need to abide in any situation because you will tarry with expectation. You know the character of God, you trust His immoveable hand and you will produce good fruit with deep roots.

I am so proud of you!

Now, let the world see your beautiful fruit. They are hungry for it - no matter what the enemy says.

Chat soon!

xo - Crystal K