



# DIVINE REST

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## SCRIPTURES TO STUDY

- Divine Rest: Hebrews 4:11 NLT
- God Rested: Genesis 2:2-3 NKJV
- Rest Legislated: Exodus 20:8 NKJV
- Christ Our Reality: Colossians 2:16-17 NLT
- God Rested: Genesis 2:2 NKJV
- He's Not Tired: Psalm 121:4 NLT, Isaiah 40:28-31 NIV
- His Way is Perfect: Psalm 18:30 NKJV
- He Will Complete: Psalm 138:8 KJV
- You Are Complete: Colossians 2:810 NKJV
- I Knew It Was Coming: Hebrews 4:13 AMPC, Proverbs 3:25-26 ESV
- Unstoppable: Isaiah 46:9-10 NLT, Job 42:2 GW
- I AM The Source: John 1:3 AMPC
- Boundless Riches: Ephesians 3:8 AMPC
- IT IS FINISHED: John 19:30 KJV, Isaiah 55:10-11 AMP
- Labor: Hebrews 4:11 KJV
- Just Believe: John 6:28-29 NKJV
- Take Thoughts Captive: 2 Corinthians 10:5 TPT, Matthew 6:25 KJV
- A Fasted Life: 1 Timothy 6:5-6 KJV
- The Present Suffering: Romans 8:18 KJV
- His Rest is Glorious: Isaiah 11:10 KJV

## MAIN POINTS, DEFINITIONS & APPLICATION

### Divine Rest

- Resting place, calming of the winds
- Safety / Comfort
- Security
- Respect / Approval
- Completeness

- The Sabbath day was a day of the week that God legislated through the 10 commandments. It was a holy day set aside for Jews to physically rest and worship commemorating the 7th day that God rested after he finished creating...

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### CHRIST IS MY RESTING PLACE

- God didn't rest because He was tired. He rested because He was finished.

**He Never Sleeps Nor Slumbers**

**In Christ, there is no other starting place outside of perfection.**

**In Christ, There is a polarizing distinction between how we think and how the world thinks**

- Rationalize
- Perceives a matter

**I don't have to DO, I just have to BE. When I step into BEING, I release what's already DONE.**

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### **The Cognitive Appraisal Process**

How your brain quickly decides if something is good, bad, or neutral, affecting how you feel and act.

#### **I. Primary Appraisal:**

- Is it relevant, harmless, or a threat?
- How does it affect me emotionally?

#### **2. Secondary Appraisal:**

- Resources: Do I have what it takes to deal with the perceived threat?
- Assess: What are the consequences of using said resources? (Hurt or Thrive?)

#### **3. Reappraisal:**

- Did it work? Is it working like I expected?
- Continuous Monitoring and Reevaluation based on new information or changes

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### The Christ Appraisal Process

#### I. Primary Appraisal:

- Is it relevant, harmless, or a threat?

**CHRIST DOESN'T HAVE THE PSYCHOLOGICAL OR THE BIOLOGICAL INTERFACE TO FEEL THREATENED OR HAVE A STRESS RESPONSE**

#### STRESS RESPONSE

**Stress Responses:** the systems activated by the body in response to stressors, such as the release of stress hormones like cortisol and adrenaline, increased heart rate, heightened alertness, and redirection of energy to support immediate survival needs.

- Natural reaction from a stimulus perceived as a threat

**He doesn't have a stress response - He has a REST RESPONSE**

#### He is the embodiment of Rest

- Resting place, calming of the winds
- Safety / Comfort
- Security
- Respect / Approval

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### COGNITIVE

#### 1. Primary Appraisal:

- Is it relevant, harmless, or a threat?

### CHRIST: I CAN'T BE THREATENED. I DON'T STRESS - I REST

### COGNITIVE

#### 2. Secondary Appraisal:

- Resources: Do I have what it takes to deal with the perceived threat?

### CHRIST: I AM ONE WITH THE INFINITE SOURCE AND RESOURCE

### COGNITIVE

#### 3. Reappraisal:

- Did it work? Is it working like I expected?

### CHRIST: IT'S ALREADY DONE

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### How To Enter Into His Rest?

How to walk in this polarizing distinction?

#### I. Labour

- to hasten, make haste
- to exert one's self, endeavor, give diligence

Because my divine right is divine rest; I'm not going to try to get it, I'm going to defend it.

- Gonna be to I AM HEALED
- GRAB The Fruit
- TAKE a Breath
- It's not earning... It's defendning... It's ownership

#### 2. Radical Simplistic Belief

Just Believe

- Radical simplicity
- Ease
- Not earning but maturing into by simply believing -

#### 3. Take Thoughts Captive

★ Faith Vs. Sight

 THAT DOESN'T APPLY TO ME

"That doesn't apply to me"

 I'M EXEMPT

#### 4. A Fasted Life

# DIVINE REST

## MAIN POINTS, DEFINITIONS & APPLICATION

### Godliness With Contentment

#### Godliness

- a deep sense of respect and devotion to the divine or spiritual principle
- commitment to living a virtuous and righteous life

#### Contentment:

- a perfect condition of life in which no aid or support is needed
- God is enough

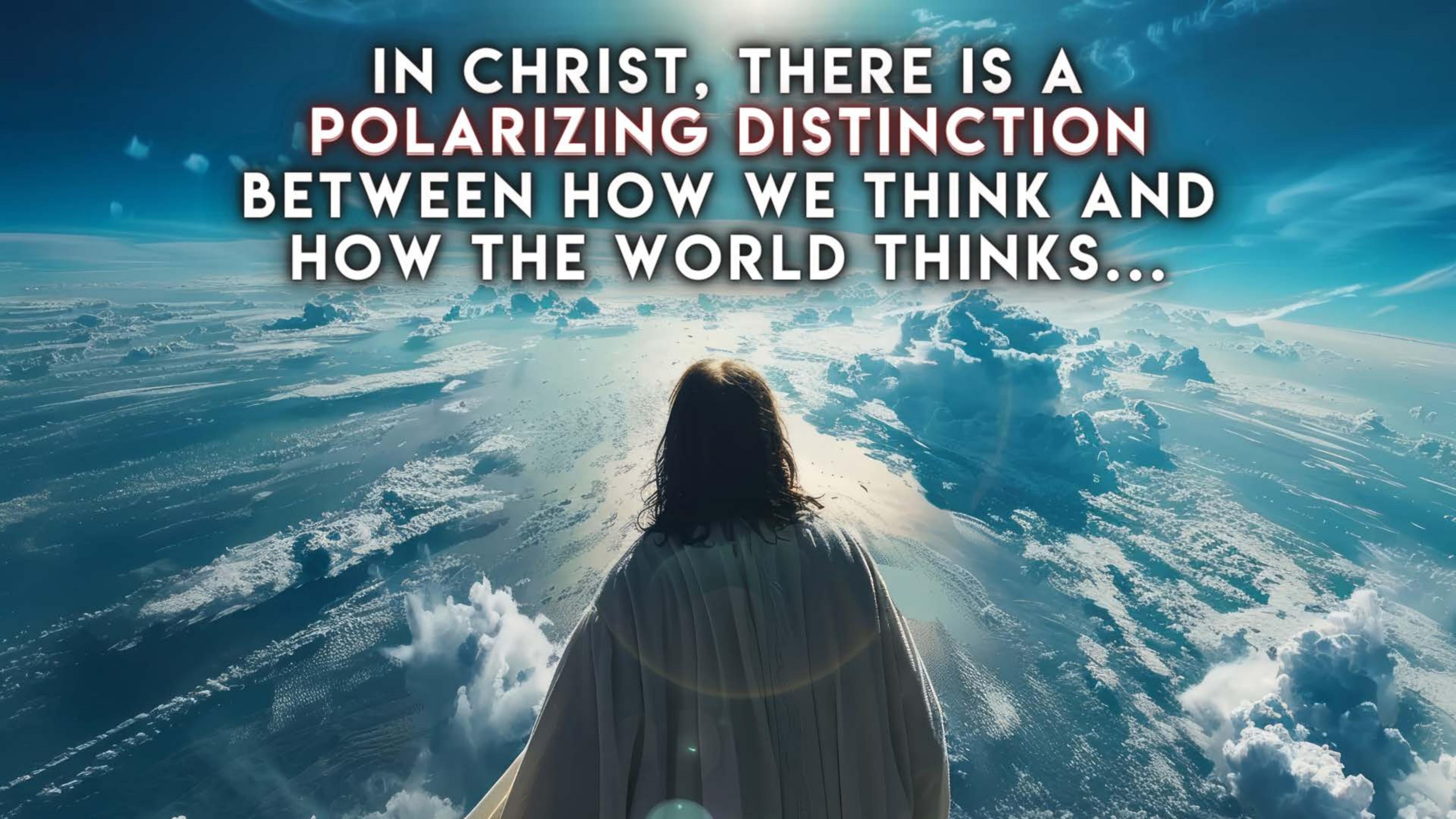
Divine rest comes from the belief in the polarizing distinction between you and the world

1. You have permission to never stress again.  
It's your divine right...
2. Divine Rest is not something to try to get -  
it's something you defend.

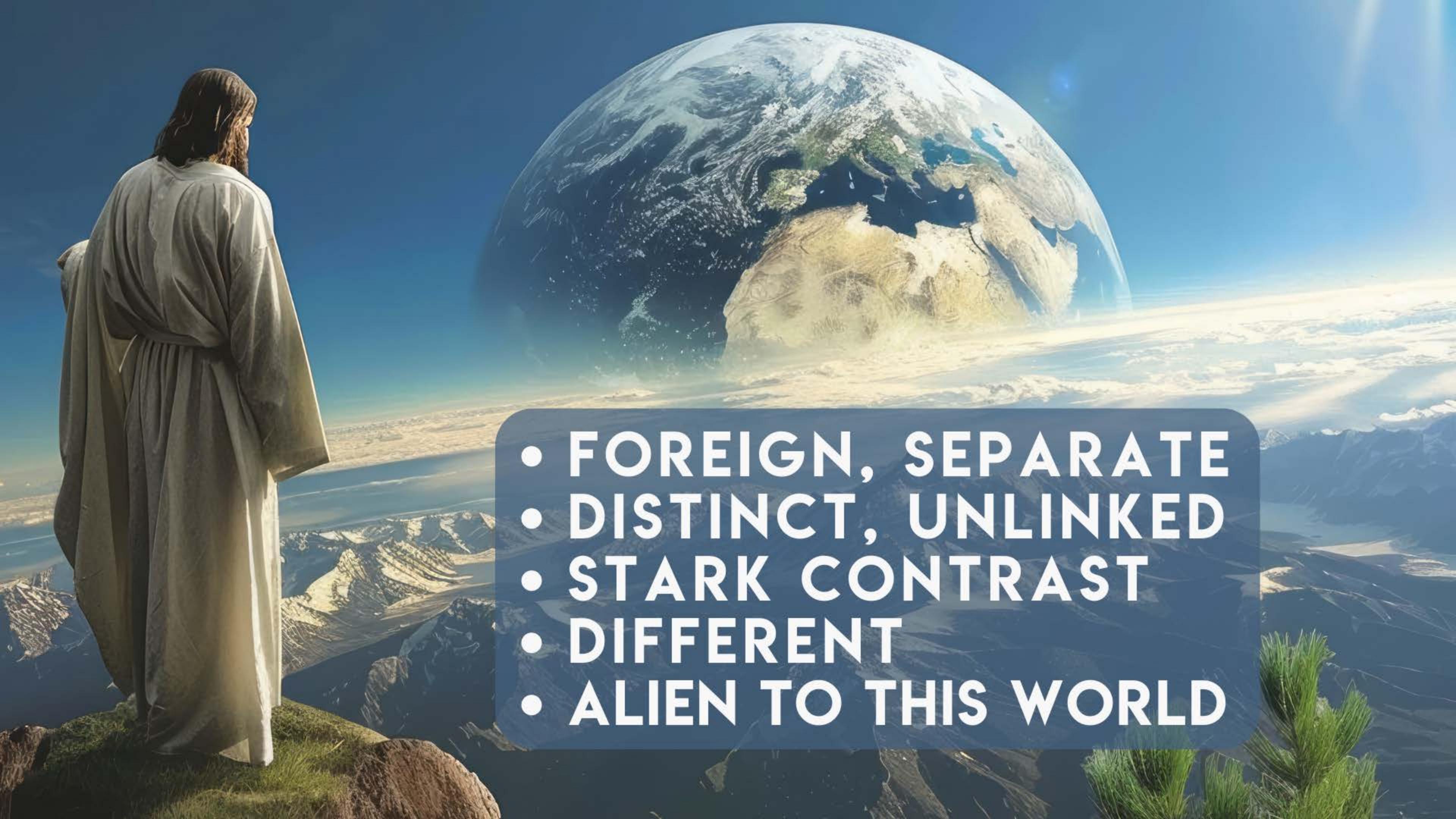
**TAKE IT... KEEP IT... IT'S YOURS**

# DIVINE REST:

- RESTING PLACE,  
CALMING OF THE WINDS
- SAFETY / COMFORT
- SECURITY
- RESPECT / APPROVAL
- COMPLETENESS

A person with long hair, wearing a white robe, stands with their back to the viewer, looking out over a vast, cloudy landscape. The scene is bathed in a warm, golden light, suggesting a divine or spiritual atmosphere. The clouds are thick and white, creating a sense of depth and infinity. The overall mood is one of contemplation and awe.

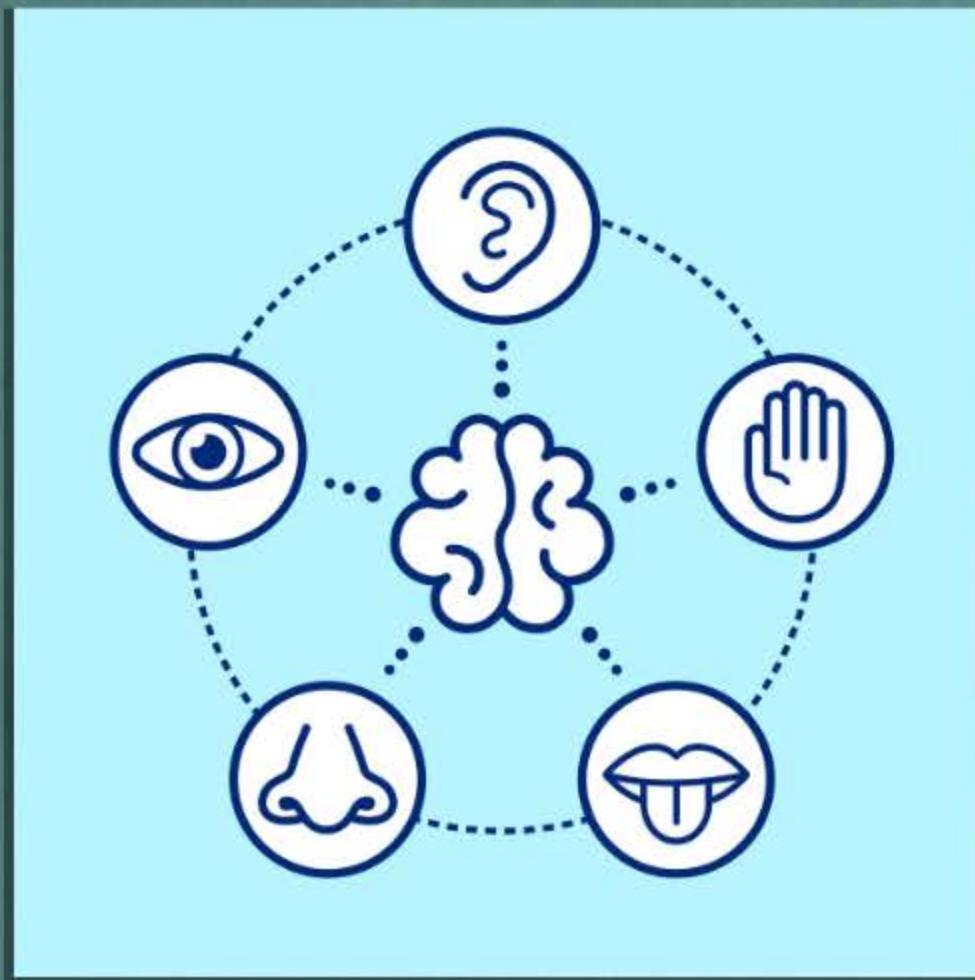
IN CHRIST, THERE IS A  
POLARIZING DISTINCTION  
BETWEEN HOW WE THINK AND  
HOW THE WORLD THINKS...



- FOREIGN, SEPARATE
- DISTINCT, UNLINKED
- STARK CONTRAST
- DIFFERENT
- ALIEN TO THIS WORLD

# THE COGNITIVE APPRAISAL PROCESS

## PRIMARY:



IS IT RELEVANT,  
HARMLESS OR A THREAT?

## SECONDARY:



DO I HAVE WHAT IT TAKES  
TO DEAL WITH PERCEIVED  
THREAT?

## REAPPRAISAL:



DID IT WORK? IS IT  
WORKING THE WAY I  
EXPECTED?

# STRESS RESPONSES

THE SYSTEMS ACTIVATED BY THE BODY IN RESPONSE TO STRESSORS, SUCH AS THE RELEASE OF STRESS HORMONES LIKE CORTISOL AND ADRENALINE, INCREASED HEART RATE, HEIGHTENED ALERTNESS, AND REDIRECTION OF ENERGY TO SUPPORT IMMEDIATE SURVIVAL NEEDS.

# HOW TO ENTER TO DIVINE REST:

1. LABOR
2. RADICAL SIMPLISTIC BELIEF
3. TAKE THOUGHTS CAPTIVE
4. A FASTED LIFE



