

A dramatic scene featuring a figure with long, dark hair and a white robe, seen from behind, seated on an ornate throne. The figure is positioned in the center, facing a brilliant, golden light source that radiates outwards, creating a halo effect. The background is a vast, dark space filled with swirling clouds and a large, partially destroyed Earth. The Earth's surface is cracked and covered in a layer of golden, crystalline material, suggesting a divine or apocalyptic transformation. The overall atmosphere is one of awe and divine presence.

DIVINE REST

DIVINE REST

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 2:8-10 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
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- 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.

1. 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?

1. 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

 I'M EXEMPT

"That doesn't apply to me"

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

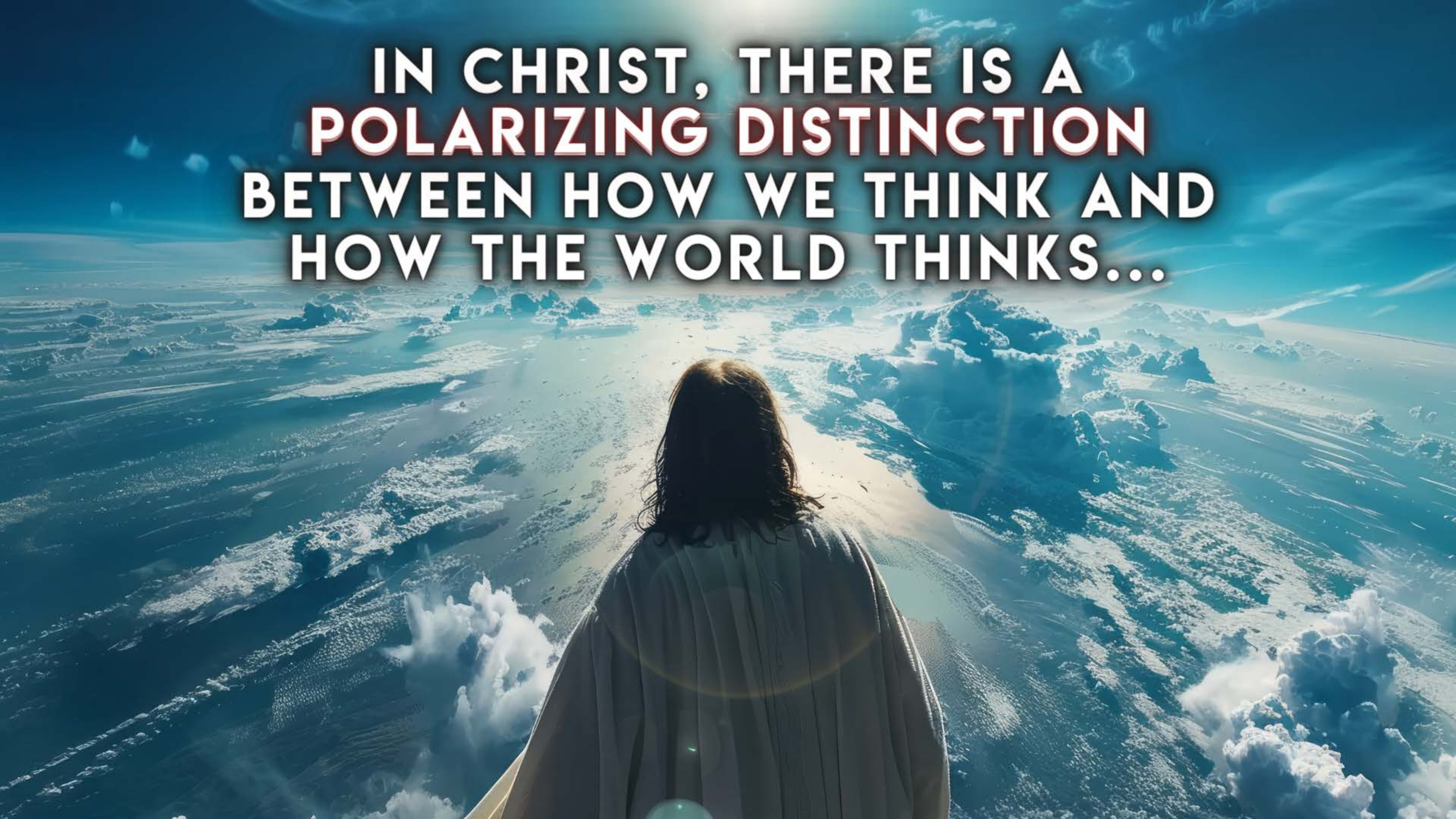
1. You have permission to never stress again.
It's your divine right...
2. Divine Rest is not something to try to get -
it's something you defend.

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

DIVINE REST:

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

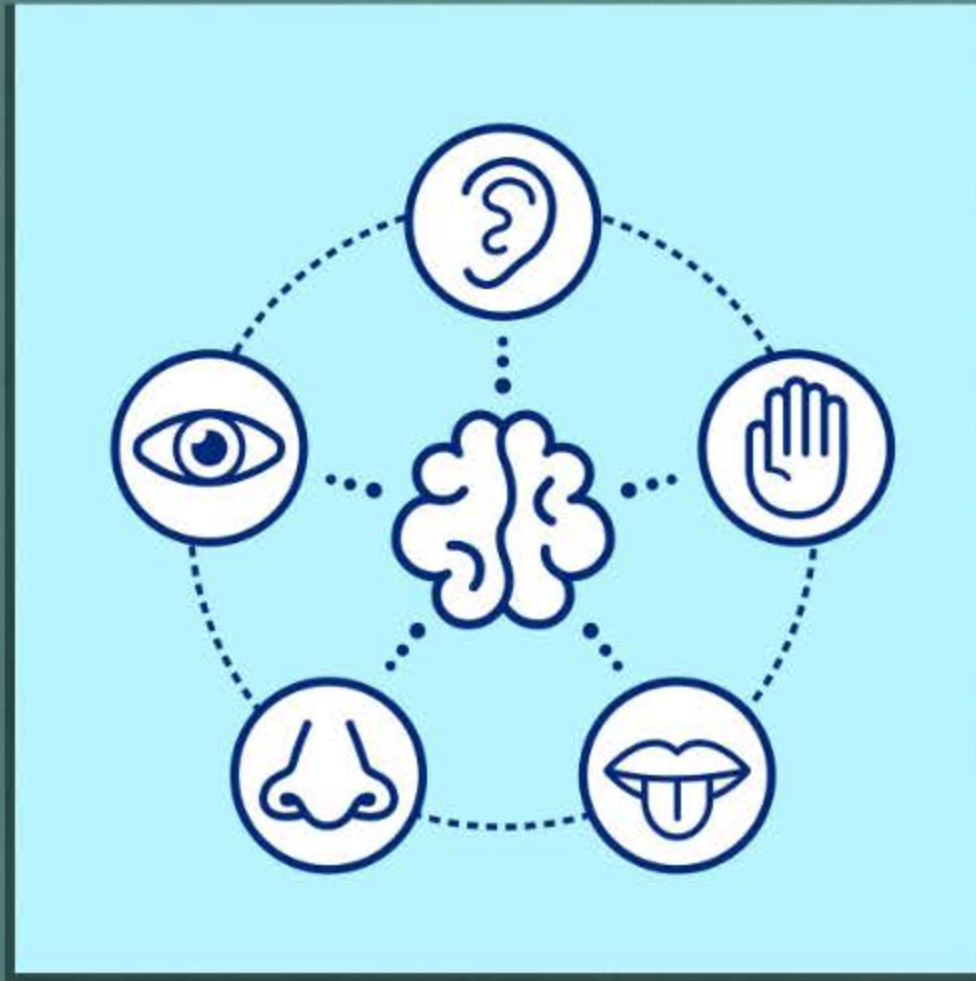
IN CHRIST, THERE IS A
POLARIZING DISTINCTION
BETWEEN HOW WE THINK AND
HOW THE WORLD THINKS...



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- A composite image featuring a figure of Jesus with long brown hair and a beard, wearing a white robe, standing on a rocky mountain peak. He is looking out over a vast landscape that includes a body of water, distant mountains, and a large, detailed image of the Earth as seen from space, showing the Americas. The sky is a clear blue with some clouds. A semi-transparent dark blue box with rounded corners is overlaid on the right side of the image, containing a list of five bullet points in white, bold, uppercase text.
- FOREIGN, SEPARATE
 - DISTINCT, UNLINKED
 - STARK CONTRAST
 - DIFFERENT
 - ALIEN TO THIS WORLD

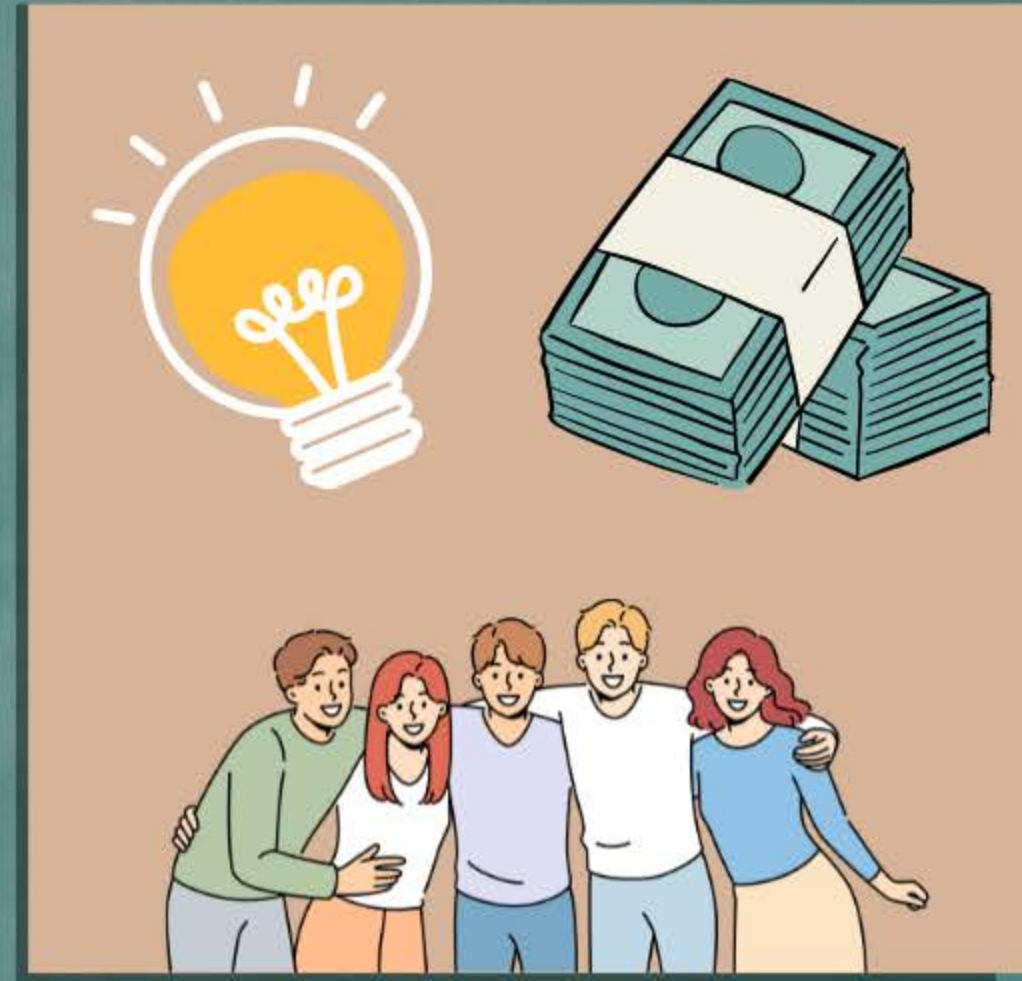
THE COGNITIVE APPRAISAL PROCESS

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



