

## Introduction (Being Still part 3 – Relaxing in God)

For us to be truly effective we must learn to relax and not be anxious as we learn to draw aside and relax in His presence. As we do this, it will allow a greater dimension of the power to flow from us.

Out of his presence and by knowing who we are in Christ, we will be more effective in the Kingdom.

### Scripture

- Psalm 16:8

<sup>8</sup> I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.

<sup>9</sup> Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

In Ps. 16:8 – 9 David talks about setting the Lord before him he says my flesh shall rest." It's so easy to make excuses of our lack and that we don't know enough. But do we really take time to come aside, relax and go to God to allow Him to be revealed in us.

If we look at the Ministry of Jesus, He was never stressed or in a hurry, He was always led by the Holy Spirit. He always took time to draw aside.

Relaxing in and knowing who you are in Christ.

If we look at circumstances and the outside, we will always be put off. We will only see obstacles. We will see the negative. We will see the impossibilities, and we will always have an excuse as to why things don't work for us.

But when we learn to be still and look to Him, the author and perfecter of our faith, we will be amazed at how easy it is to move in the things of GOD - no matter what anybody says, no matter how you feel, no matter what your circumstances.

It is not based on your feelings, your attitudes, but it is based on Him.

THE GREATER one lives inside of you, this is where you need to draw from. This is where you need to look to.

So as we learn to be still, willing to relax and look inward, at the one that lives inside us, we will start to come into the revelation of who we are and what He can do through us.

Every born-again believer has the same spirit, the spirit that raised Jesus Christ from the dead.

It is amazing to see that in the book of acts they became testifiers of the resurrection.

They were not talking about death. But were testifiers of resurrection life.

That is why we need to take notice of the way the disciples treated or handled rejection and persecution they learnt to go back to His presence.

### Scripture

- Acts 4:29-30 (NIV)

<sup>29</sup> Now, Lord, consider their threats and enable your servants to speak your word with great boldness. <sup>30</sup> Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.”

In these scriptures, notice the disciples said, “Lord, you consider their threats”, if we major on the threats of people and the judgement of people we will never come into the fullness that God has for us.

Notice here they said to the Lord, for Him to consider the threats, so that we are enabled to speak Your Word with boldness and authority.

In verse 30 they said, Lord You stretch out your hand and heal, and perform signs and wonders.

Casting our cares upon the Lord and letting Him consider the threats and persecutions of man releases us into the things that He has called us to do.

We are not called to fight the battle because we do not fight flesh and blood.

We need to come to an understanding of His perfect love,

### Scripture

- 1 John 4:18 (AMP)

<sup>18</sup>There is no fear in love [dread does not exist], but full-grown (complete, perfect) love <sup>[a]</sup>turns fear out of doors and expels every trace of terror! For fear <sup>[b]</sup>brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].

One of the greatest things that stops us relaxing in God and coming to an understanding of the greatness inside us, is fear!

Fear brings the thought of punishment, condemnation, I'm not good enough, I don't know enough.

But perfect love expels and brings us into a place of the plans and purposes and the great affection that our Father has for us.

Notice it says here that we have not matured if we have fear. So relaxing in God and allowing Him to speak to our heart brings us into a maturity of the things of the Spirit.

Madam Guyong talks a lot about waiting on God and relaxing in His presence. One thing to note, it's not how much you read the scriptures, but it is *how* you read them, the *way* you read them.

We must read them in a way that it becomes real and a revelation into the depths of our heart, coming into a place of understanding that God loves you, before you ever did anything. That He demonstrated His love whilst we were still sinners – Christ died for us.

The Bible says “Taste and see that the Lord is good”.

### Scripture

- Psalm 34:8 (AMP)

<sup>8</sup>O taste and see that the Lord [our God] is good! Blessed (happy, fortunate, to be envied) is the man who trusts and takes refuge in Him.<sup>(A)</sup>

This scripture clearly states that the man who “tastes to see” if the Lord is good, who trusts Him and takes refuge in Him will be:

- a) Abundantly Blessed - so much so that others will envy him.
- b) Happy
- c) Fortunate

So, if we take a scripture, ponder upon it and wait on it, we will begin to taste it, relax in it, and it will become a very part of our being.

He will become our refuge, our hiding place, because if we don't go into that place of understanding the goodness of God and relaxing in that, there is no way that we are going to step out in faith and see God's glory revealed and His Kingdom advanced through signs and wonders.

So take time – relax, stop being in a hurry.

### Scripture

- Philippians 4:6 (AMP)

<sup>6</sup>Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (<sup>[b]</sup>definite requests), with thanksgiving, continue to make your wants known to God.

We are instructed in this scripture to “not fret” or “be anxious” about anything, but in everything we are to:

- a) Give thanks (in all circumstances)
- b) Pray & petition God for *all* our needs

The natural world provides the perfect catalyst for anxiety and worry, BUT, this is not of God, and does not reflect His perfect love.

We have to learn to cross over from the natural realm to the spiritual realm, and the way to do this is to meditate on His Word, be still before Him so that we become as Jesus was, one with the Father. Jesus said make them as we are.

We can gain His peace which surpasses all understanding by the simple act of being still in Him.

Coming to Him with a heart of gratitude, thanksgiving, kneeling at His feet and being still before Him will give Him the open door He needs to allow His power and authority to flow in us and through us, thus releasing us into a new and wonderful dimension in our lives.