

Lesson 5B – Living in His Grace, Favor, Rest & Peace

Where is Your Focus?

- Whatever you focus on, you empower! Is your focus on *this world or Father's Kingdom?*
- Father desires that each of His children experience His Kingdom now, not just when you get to heaven. He wants us to have “days of heaven on earth!” **Deut. 11:21**
- Jesus also told His followers to “*Seek first the kingdom of God...*” **Matt. 6:33**
- **Col. 3:1-2** encourages us “*seek things above...set your mind on things above, not on the things of the earth.*” Can you imagine what is going on in heaven and know that is Father's will for the earth too?
- It is easy to see things from the world's perspective, but it takes effort to see things through Father's eyes. The key to seeing Him and who you are “in Him” comes from **Ps. 46:10**. “*Be still and know that I am God.*” In stillness you can focus on your spirit, hear Him speak truth to you, and help you see things as He does.

Your Job Description

1. Jesus already went to the cross and did everything needed for us to be part of Father's family. Thus **your work** is to “*believe in Him whom He sent.*” **John 6:29**
 - The Greek word for **Work**, *ergon*, means to toil as an effort.
 - The Greek word for **Believe**, *pisteno*, means to have faith in or with respect to a person, entrust one's spiritual well-being to Christ.
 - Your job is to believe in the character of Christ and trust His work done on your behalf!
2. You are to learn to **stay at home or abide** with Father. **John 15:4-5, 7-9**
 - No matter what kind of a home you grew up in, Father's house is a place where you are always loved and feel safe, and He's always ready to listen to whatever you want to say
 - Jesus and Father want us to abide in their love. He also promises to make His home in you as you love Him and listen to His words. **John 14:23**
 - Your body is already the home for the Holy Spirit, thus you need never feel alone or without someone to listen to you or comfort your heart. **1 Cor. 6:19-20**
3. You are to “*put off the old man and put on the new man who is renewed in knowledge according to the image of Him who created him.*” **Col. 3:10**
 - See your old habits and ways at the cross where Jesus took them and removed them from you forever. See the “old you” as having died on the cross with Jesus.
 - Then just like you put on clothes, put on Christ and thank Jesus every day for His thoughts, ways and actions to become more and more yours!

True Identity – Living in Grace

Today you can live in and from grace because Jesus Christ willingly went to the cross taking the punishment you deserved. The One without sin took your sin and redeemed you from the curse of the Law. “*God put the wrong on him who never did anything wrong so we could be put right with God.*” **2 Cor. 5:21** (Message) God put everything right! **Rom. 4:6** (Message)

Living in Grace, Favor, Rest & Peace

1. Father is gracious, full of compassion, slow to anger and of great mercy. Ps. 145:8

- Throughout the Bible there are many places where Father God is described as being *gracious*. **Ex. 22:27; Ex. 33:19; Joel 2:13** His heart is to show grace to His people.
- *Gracious* in Hebrew means *to bend or stoop in kindness to an inferior, to favor, to bestow, grant graciously*. Can you see Father being that way towards you?
- In the beginning Noah, Abraham, Moses and all His people after leaving Egypt found grace in the Lord's eyes. Their sins did not kill them. Instead Father extended His grace and provided for them. Read **Gen. 6:8; Gen 12:10-13:2; Gen. 20:1-18; Ex. 16:2-4**
- Moses found grace in God's sight and experienced a face-to-face relationship with God like few have. Read **Ex. 33:11-19**. Moses boldly asks, *"If I have found grace in Your sight, show me now Your way that I may know You and that I may find grace in Your sight."* Today every believer can come to Father through the grace Jesus Christ died to give you so that you can have a face-to-face relationship too!
- Whenever you read the Old Testament, look for the words that reveal Father's heart towards His people and His desire to have a relationship with them. **Jer. 32:38-41; Hos. 11:4** The story of Hosea shows a vivid picture of how committed Father is to His people even if they make bad choices. He really wants us to come home to Him!

2. Jesus, the only begotten son of the Father, came to show us what Father is like. **Jesus and His Father were both full of grace and truth. John 1:14**

- The Law was given through Moses, but **grace and truth came through Jesus Christ, a person! John 1:17**
- *"And of His fullness we have all received, and grace for grace."* **John 1:16** Grace is given to you when you accept Jesus as your Savior.
- *Grace* in Greek is *Charis*. It means **graciousness of manner or act of divine influence on the heart, acceptable, benefit, favor, gift, grace, liberality, pleasure**.
- Father's **free gift of grace** makes you **accepted in the beloved, redeems and forgives your sins, and saves you**. He wants to show the *exceeding riches of His grace in His kindness* towards you through Jesus Christ. **Eph. 1:6-7; Eph. 2:6-8**
- *"But God's free gift is not to be compared to the trespass...much more profusely did God's grace and the free gift that comes through underserved favor of the one Man Christ Jesus, abound and overflow to and for the benefit of many."* **Rom. 5:15 Amp.** Father desires that all enjoy the benefits of His grace through the finished work of the cross. Jesus fulfilled all the demands of the Law so that we can *"receive the abundance of grace and the gift of righteousness through Jesus Christ."* **Rom. 5:17**
- He is the *"God of all grace"* who called you to His eternal glory! Grace is the way we are to live in every situation! **1 Pet. 5:10**

3. *"You are now living in a new country of grace – a new life in a new land!"* Read **Rom. 6:1-5 (Message)** It paints a picture of what is supposed to happen when you are baptized into Christ. You are to leave that old house for good and begin living in a new place of grace!

- See yourself right with Father by His grace and live under that grace, rather than thinking you have to earn it! **Rom. 3:24; Rom. 4:4; Rom. 6:14**

Living in Grace, Favor, Rest, & Peace

- You have access by faith (believing in His love for you) into this grace so you can stand knowing you have a place in Father's house. **Rom. 5:2**
4. You need to learn how to live, walk and rely on His grace to be what you need in your life!
- God resists the proud, but He gives *more grace to the humble*. **Jam. 4:6; 1 Pet. 5:5**
 - Don't *fall from grace* by attempting to be justified by the Law. **Gal. 5:4**
 - You can "*come boldly to the throne of grace...we may obtain mercy and find grace to help in time of need.*" **Heb. 4:16**
 - Your *words* should "*minister grace to the hearers*" **Eph. 4:29** and you should "*sing with grace in your hearts to the Lord.*" **Col. 3:16**
 - You must know "*by the grace of God, I am what I am...*" **1 Cor. 15 10** It is Father's grace and not you that will make the difference in any situation.
 - Expect His grace to abound towards you and lean on it thanking Him that "His grace is sufficient for you!" **2 Cor. 9:8; 2 Cor. 12:9**

True Identity – Living in Favor

Favor in both the Hebrew and the Greek is the *same word translated as grace*. Webster's dictionary (1828) defines *favor* as *kind regard, support, disposition to aid, promote, kindness done or granted, any act of grace or good will, or advantage*. As Father's child, you can expect to have favor in the everyday situations of your life such as getting good deals when purchasing something, parking places when needed, people liking you, and promotions at work.

1. Walking as Father's son/daughter gives you access to His grace and favor in your life.
 - "*Grace (God's undeserved favor) be with all that love our Lord Jesus Christ*" **Eph. 6:24**
 - His *favor* is for *life*. It will *surround you like a shield* and He will *bless the righteous (you) with favor*, giving you every good thing! **Ps. 30:5; Ps. 5:12; Ps. 84:11**
 - Jesus walked the earth with the grace of God upon Him. He also increased in favor with God and man. **Luke 2:40 & 2:52** Since you are "in Christ" you can walk in this too!
 - Expect favor as you seek Father's good ways and His wisdom. **Prov. 8:35; Prov. 12:2**
 - Jesus Christ came to show you the fullness of Father's grace – *His kindness, His gracious generosity, His undeserved favor and spiritual blessings* – by becoming poor so that *you might become enriched – abundantly supplied*. **2 Cor. 8:9** What love!
2. There are many examples of how Father's favor impacted people's lives even when they were in difficult circumstances. Other people were blessed and prospered because of God's children's presence. Think about and expect Father's favor, grace and everything good to come to you too!
 - Others saw the favor of God on **Joseph** even when he was a slave in Egypt. Read **Gen. 39:2-4; Gen. 39:21-23**. No circumstance is bigger than your God!
 - Before **God's people** left Egypt with Moses, they had *favor in the sight of the Egyptians* who gave them their gold, silver, jewels and much more. **Ex. 3:21-22; Ex. 12:36**
 - **Samuel, Esther, and Daniel** also walked in favor. **1 Sam. 2:26; Est. 5:2, 8:5; Dan. 1:9**

True Identity – Living in Rest

In the Garden of Eden, Father created man last after all the work had been done. On the seventh day God **rested** from all His work. **Father did all the work and entered into a relationship with His man in rest!** **Gen. 2:2-3** He gave you the capacity and fruits of rest. In the New Testament, **Father did all the work in Christ for your salvation.** Now you are to live with Father in rest and love!

Rest in both the Hebrew and the Greek share similar meanings. In Hebrew, rest means repose, desist from, cease, make to rest, settle down, give comfort, be quiet and remain. In the Greek, rest means intermission, recreation, repose, refresh, take ease, refresh, give or take rest.

1. **Living in rest** means you live **more God-conscious** and trust Him because you **know who He is, know that He is present, and that He is working.**

- Focus on His Presence and He will give you rest. As you trust Him, you can begin to relax and remain calm and stable in every situation. **Ex. 33:14**
- Father made you to rest one day a week! When the Israelites left Egypt, Father told them to take a Sabbath rest and do no work. He provided extra food the day before so they could rest. **Ex. 16:23-30** Do you make it a point to rest one day a week?
- **Ps. 37:7** tells you to **“Rest in the Lord and wait patiently for Him.”** This requires trust.

2. Your **attitude of rest** can be seen when you stop trying to do something in your own strength. Instead you sit down, waiting, watching, and preparing to do whatever Father says.

- You are seated with Christ Jesus in heavenly places. **Eph. 2:6** When you are sitting it does not require as much effort. See yourself resting physically, mentally, emotionally.
- In rest you can be in touch with Father more – hear His voice, feel His breath, and experience a real relationship.
- In **Matt. 11:28-29** Jesus encourages you to come to Him and let Him give you rest. Being with Him will bring real rest and refreshment to your soul.
- Believe in Him, cease from your own works, and enter into His rest. **Heb. 4:3-11**

3. Resting is a part of building a habitation for God within. It gives you *the capacity to be focused*. It comes from belief which allows you to stay or abide rather than be moved by what you feel.

- You **receive rest in your spirit**, not your head. When you are at rest, you learn to move from a place in your heart rather than your head.
- Without rest, your heart may waiver which leads to doubt, dread, and no assurance.
- When circumstances try to pull you away from believing what Father has said, let Him quiet you so you rest in His love and you return to that place of living in Him. **Zeph. 3:17; Isa. 30:15**
- You are to **abide “in Christ”** – in who He is and all He is in you. You are to look from your resting place and view circumstances differently.
- **Rest** allows you to **step back and not react to externals, but respond to internals**. It could be called a positive time out! Keep a restful heart which comes from a peaceful head!

True Identity – Living in Peace

Jesus is your peace! In Isaiah 9:6-7 It was prophesied that *“His name will be called ...Prince of Peace and of the increase of His government and peace there will be no end!”* No matter what you see in the world today in Jesus Christ you can find peace.

1. Jesus did everything necessary for us to be at peace with Father.

- He *broke down the wall of separation* and abolished in His flesh the enmity that the law brings. He created one new man from the two *making peace and reconciling you to God*. He came *preaching peace* to those that were afar off and those who were near. Through Him we both have *access* by one Spirit *to the Father*. **Eph. 2:14-18**
- *“The punishment that brought us peace was upon Him.”* Isa. 53:5 NIV
- He made peace through the blood of His cross. **Col. 1:20**
- The *God of peace* will sanctify you completely and your whole spirit, soul and body will be preserved blameless...He who calls you is faithful, who also He will do it.” **1 Thess. 5:23-24** He does the work and wants you to focus on Him.
- **2 Peter 1:2** gives you an image of what is yours as you get to know Jesus more! *“May grace (God’s favor) and peace (which is perfect well-being, all necessary good, all spiritual prosperity and freedom from fears and agitating passions and moral conflicts) be multiplied to you in (the full, personal, precise, and correct) knowledge of God and Jesus our Lord.”*

2. Jesus gave you His peace. You are meant to walk each day in His peace and rest in Him.

- **Peace** in the Greek means *quietness, rest, set at one again*.
- Before Jesus left the earth He gave His disciples *His peace* so that *their hearts did not have to be troubled*. **John 14:27**
- Jesus also spoke many things to His disciples knowing that it was *only being in Him and recalling His words* that a person will find peace. **John 16:33**
- **Peace** is a sentry that is **meant to guard your heart**. Its job is to not let negatives into your heart but keep them on the outside. You are to let the peace of God rule in your hearts. **Col. 3:15**
- **You will be in perfect peace** or have a **peace that passes understanding** if you will pray about everything and keep your mind on Him. His peace will then keep your heart and mind through Christ Jesus. **Isa. 26:3; Phil. 4:6-7**
- You were meant to live in *“the kingdom of God which is righteousness, peace and joy in the Holy Spirit.”* **Rom. 14:17** As you know you are right with Father, you will be at peace and that will cause you to be full of joy! Let the Holy Spirit help you walk this way!

You can do what Father is sending you to do as you live in His grace, favor, rest, and peace! Focus on all that He is and let Him live His life through you one day at a time!