

# Enter Into Rest

الحق المغير للحياة

## Life-Changing Truth

Trust in the Lord with all thine heart; and lean not unto thine own understanding. (Prov. 3:5)

“Your own understanding” is your own reasoning, your own thinking, or your own head or mind.

In other words, you could say, “Trust in the Lord with all thine heart and lean not to thine own head”!

I think most Christians try to practice that in reverse. They trust in the Lord with all their head and lean not to their own heart. That’s not what God said to do.

Hebrews 4:3 says, “For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.”

How can you tell if people are believing in their heart or just saying it from their head? The Scripture says that those who have believed “do enter into rest.”

Remember, I said that the laying on of hands is a point of contact. That’s the point where you start believing that you receive your healing. That’s the point where you enter into rest about the situation.

You’re no longer frustrated. You’re no longer fretting. You’re not trying to get something. You believe that you have received it, and there is a rest on the inside of you. There is a rest in your spirit.

Then you just sort of laugh to yourself, smile, and say, “I’ve got it; it’s mine.”

**Confession:** I am not TRYING to get something. I believe that I have received. There is a rest on the inside of me. There is a rest in my spirit. I have healing; it’s mine!

(Taken by permission from **RHEMA Bible Church** , aka **Kenneth Hagin Ministries** , Tulsa, OK , USA. [www.rhema.org](http://www.rhema.org) )

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