



Cherrequine Bible Doctrine Ministries

The Faith Rest Drill Exercise

This is an important foundational doctrine since without the faith-rest drill, the ability to think and operate in doctrine becomes neutralized. The faith rest drill is one of the ten problem solving devices used by believers in every dispensation. The Faith-rest (F/R) drill is not only a system of perception but is also a system of application. The F/R drill allows the believer to cope with and take control of one's life in the realm of integrity.

It is by faith that the believer deploys impersonal love and the faith-rest drill. The F/R drill is a technique for overcoming any difficulty in life, applying doctrine logically while resting in the faith promise and doctrinal rationales of God thereby arriving at doctrinal conclusions for application. This drill affords the believer a relaxed mental attitude (RMA) and the ability to concentrate on thinking doctrine.

Since Bible doctrine requires concentration, the believer's mental attitude becomes the prime target of satanic opposition. The kingdom of darkness earnestly seeks to distract the positive believer away from divine viewpoint by deflating divine viewpoint with a bad mental attitude. The most successful weapon our enemy utilizes is fear. Fear is especially potent due to the fact that it shuts down the thought process and makes doctrinal application impossible.

No matter how much doctrine you have in your soul, it serves as no purpose once immobilized by fear. In view of such, Satan has formulated a tremendous strategy to induce fear in the lives of believers thereby keeping them in bondage. Romans 8:15 **"For you have not received a spirit of slavery leading to fear again..."**. And Roman 14:23 **tells us that fear is a sin, ".whatever is not of faith is sin."** And sin is sin, whether it be fear or murder, James 2:10. Fear is antithetical to predestination and divine love, 1Jo 4:18. When fear catches you off guard you must quickly rebound before it snow balls and controls the mental attitude, immobilizing proper thought.

There is nothing wrong with being afraid but everything wrong with letting fear control you. So, rebound (1Jo 1:9) is the first requirement in conquering the source of fear and restoring proper thinking. After rebound the believer must move on to claim and concentrate on the promises of God or the doctrinal rationales of God. New believers basically stick to the promises while the more advanced believers can dwell on actual rationales of God, both serve to stabilize the mind leading to doctrinal conclusions. The conclusions enable the believer to take control of the situation which ignited the fear and anxiety only a few moments before.

By mentally tracing out a rationale in a crisis, or claiming a promise the believer is re-explaining to himself the basic concepts of Bible doctrine that pertain to his relationship with God. In order to "faith-rest" a matter there are three steps in view:

- 1- Faith mechanics
- 2- Faith function

3- Faith execution

Under faith mechanics there are four principles:

1. Faith reaches out and claims a promise from God, Rom 8:28.
2. Faith applies a doctrinal rational, Rom 8:29-30.
3. Faith then arrives at doctrinal conclusions, Rom 8:31-32.
- 4- Faith takes control of the situation, Rom 8:33-39. Only then will Satan flee (for the time being).

The two stages in faith mechanics is first, mixing promises with faith, and secondly, consistent perception, metabolization, and application of Bible doctrine as the means of developing a stronger faith.

A promise from God is a divine guarantee, a solid rock on which to anchor your mental attitude. Promises can reduce complicated situations to the utmost simplistic state. But, divine promises can neither sustain the RMA nor solve complex problems. Promises merely set the stage for the most important aspect of the F/R drill, thought. After claiming the promises of God it is time to move on to the rationales of God.

A rational is a reasonable exposition of principles, an explanation or statement of reasons, a set of reasoned rules or directions. Through fear the emotion revolts against thought and so the believer at this point must take conscious, deliberate steps to reinstate the rightful authority in the soul... doctrinal thinking! By utilizing this systematic reverse concentration (i.e., mind off the problem and onto doctrine) the believer can immediately recall his place in the overall picture of God's grace. "**Our place**" is found in Romans 8:29-30, we were foreknown in the mind of God and all the solutions to all our problems were given in eternity past. So, divine promises were given to dispel worry and fear, then the divine rationales must be incorporated into the situation enabling the believer to come to a doctrinal conclusion.

The mature or adult believer uses the F/R drill to turn maximum pressure into blessing. In such, God demonstrates His power through our application of His plan. The F/R drill demands the understanding of four rationales:

1. The Essence of God Rational
2. The Plan of God Rational
3. The Policy of God Rational
4. The A Fortiori Rational

Understanding these rationales results in sharing the perfect happiness (+H) of God, a personal sense of destiny, occupation with Christ, as well as a magnificent spiritual strength!

God's rest is in understanding the knowledge that everything was finished from the foundation of the world, Hebrews 4:3, and that God has already provided for every situation in eternity past! But, the believer comes short of God's (faith) rest through scar tissue of the soul, garbage in the subconscious, the arrogance and emotional complex of sins, or a soul controlled by the lust pattern. The antithesis to dealing with pressure via doctrine is found in the carnal believer who exhibits a breakdown in the soul manifested by self-explosion and self-fragmentation.

What the believer should fear is to fail in the matter or test at hand thereby not entering

into God's (faith) rest, Hebrews 4:1. God's rest is noted by contentment and tranquillity and understanding God's plan in the midst of maximum pressure and difficulties. This takes a stronger faith and a stronger faith is never arrived at apart from the inculcation of Bible doctrine. After salvation "faith" will never get any stronger without the truth of the word of God. Understanding the F/R of God involves differentiating between the three systems of perception known to mankind Rationalism, in which man engages his intellect presuming a logical system to explain reality, Ecc 1:16.

2 Empiricism, which is based on one's experiences and one's power of observation.

3. Faith, which of course is a trust and devotion to that which is not seen. Naturally one's faith must be directed to the proper power source to offer any advantage.

In faith the unbeliever directs his belief toward the person of Jesus Christ as the Son of God, the Savior having died in place of all sins and having been risen from the dead. In faith the believer directs his belief to the mind of Christ, the written word of God. By faith application the believer draws upon the inner resources of doctrine to maintain his own integrity and cope with his own problems. It is by faith that one's personal love for God is developed resulting in impersonal love for others and the application of the faith-rest drill, especially in times of pressure. And pressure will come, you can count on that! Our doctrine will be tested. This is the glory for which we have been created, to learn and utilize that which God has provided to glorify Him.

We are offered opportunity after opportunity in the form of pressures, difficulties and personal catastrophes. Yes, these are all opportunities to utilize the greatest power this world has ever known! The same power which served out Lord Jesus Christ incarnate. Divine power, divine provisions, and the divine plan of God are all within our grasp. But that which first attracted you to the Lord Jesus Christ, His awesome substitutionary gift on behalf of all, must be further cultivated in the believer's life through a stronger faith based on knowledge. It is knowledge of the One we claim to love which offers the believer faith-rest in times of chaos. These opportunities of trouble offer us the privilege of saying to God, yes I believe what you promise, I believe who you are and I trust in Your plan. And though things do not appear to be headed in a good direction at present I shall walk by faith and not by sight, 2Co 5:7.

If at first you entertain fear and panic do not consider the situation as a failure since each day offers us a fresh chance to line our thinking up with God's and operate in faith thereby entering His rest. The faith-rest drill is not something that can be claimed by words alone but is based on an intimate knowledge of the word of God. It is based on knowing who God is and how He operates... this is what leads to trust and faith in Him. How can you possibly trust someone you do not know?

So, let God handle the details while you concentrate on Him. What good will your fear or anger or hatred do? God is the One who is in control. Do you think He will forsake you or play a joke on you? The time of confusion and upset is the time to trust in God and patiently watch as He works all things out for good to those who love Him through their faith-rest knowledge.