

Rest, in Holy Spirit directed activity

April 8, 2014

What is Holy Spirit Directed Activity?

Romans 7:5-6

Amplified Bible (AMP)

5 When we **were** living in the flesh (mere physical lives), the sinful passions that were awakened *and* aroused up by [what] the Law [makes sin] were constantly operating in our natural powers (in our bodily organs, in the sensitive appetites and wills of the flesh), so that we bore fruit for death.

6 But **now** we are discharged from the Law *and* have terminated all intercourse with it, having died to what once restrained *and* held us captive. So now we serve not under [obedience to] the old code of written regulations, but [under **obedience to the promptings of the Spirit** in newness [of life].

Learning from our Emotions

Check out our emotions

- anger, depression.. are negative
- peace, happy .. are positive

negative means you are not resting in Jesus

Learning from Animals

Long living animals:

- Camel
- Turtle

Reason: Silent, Quiet, Resting

Short living animals:

- Cheetah

Reason: Mostly angry

Matthew 11:28 (AMP)

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] (I will rest you in Greek)

Come to Me — Seek Him —> Jesus will rest you

You will find rest in Holy Spirit Directed Activity

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