



*Rick & Sue McCoy*

## Register Now for **Called to Reign as Sons and Daughters with Leif Hetland!**

March 9 – 10<sup>th</sup> at the Ramada Inn, State College, PA

Leif reaches out to people around the world with the love of the Father and revelation of our true identity as sons and daughters. We know you will be inspired, challenged, and blessed by joining us for this special weekend!



### **Leif Hetland:**

- **Brings the gospel into some of the darkest parts of the world**
- **Over one million Muslim souls have been saved through his ministry**
- **His ministry has witnessed 800,000 healings and 3,000 miracles**
- **He is called the "Apostle of Love" among the Muslims**
- **Ministers globally to the kingdom family by imparting God's love, healings, peace, and joy**

Come join us for an exciting adventure that will change your life!!

**Where:** Ramada Inn – State College, PA

**When:** Friday March 9th    Saturday March 10<sup>th</sup>  
7 – 9 PM                      9:30 AM – 4:00 PM

**Cost:** \$35.00 (\$45.00 at the door)

**Deli Buffet Lunch on Saturday:** \$15.00

**For More Information and Register at:**  
[www.abbasarmsintl.org](http://www.abbasarmsintl.org)

## **Peace and Rest In The Midst Of A Storm**

Even before injuring my back, Father had been dealing with Sue and I about the importance of staying at peace and rest. Whenever I was able to stay at rest and relax, I could tell a difference in my physical well-being and overall health. Unfortunately, like many of us, I could never stay there for very long because of all the other demands on my time. My priorities would get out of balance and draw me away from peace and rest. Sue could see what I was doing, but her greatest effort usually fell on deaf ears because my rational left brain would tell me there wasn't time for that!

Well that all changed when two discs herniated in my lower back and fear overwhelmed me. The pain, numbness, nerve compression and lack of motion in my left foot opened the door to the negative emotions of fear, anger at myself, hopeless despair, guilt, and the lies of the enemy. Besides all that, I tried to take things into my own hands and push myself to exercise believing that would speed up the healing process. All that did was keep me away from what was best for my body to recover – REST!

**Peace and Rest** are similar. You can be in one and create the conditions of the other. Rest has more to do with stopping the motions or actions of our outward body. Peace on the other hand is a state of our body on the inside where we are quiet and free from disturbance or agitation such as fears, terror, anger, anxiety, etc. When we are at rest, our body will become peaceful on the inside. Conversely, when we drop down inside to a state of peace, we will find ourselves at rest on the outside.

There are a lot of techniques to help us get into a state of peace and rest when we are being overwhelmed by negative emotions (fear, anger, shame, sadness, disgust, hopeless despair) or stress. However, most of these techniques create only temporary relief from the agitation and stress. Besides, these techniques are activated by our left brain which shuts down during times of fight, flight, or freeze, and therefore are not even accessible when we need them!

Father wants to give us His peace and rest that will make permanent changes in our life and produce the fruit of the Spirit in our life. As we look through the Old Testament, we see lots of examples where the Israelites only experienced brief periods of rest, typically just after they had defeated some enemy. In Moses' day the people could not enter into God's "calming place of rest" **Heb. 3:18 TPT** because of their

disobedience. Joshua too was unable to bring the people totally into rest because of the hardness of their hearts. *“Those who first heard the good news of deliverance failed to enter into that realm of faith’s-rest because of their unbelieving hearts.”* **Heb. 4:6 TPT**

### Sabbath Rest – Daddy’s Day!

The rest that Paul is speaking about in his letters to the churches is the “Sabbath rest” that Father established in the Garden with man (Adam and Eve). I believe that Father on purpose waited until the 6<sup>th</sup> day to create man so that his first day of the week would be a day of rest with Father. Every Sabbath became a “Father’s Day” where God came down to fellowship with His man and teach them about creation and ruling and reigning as His children. Father also placed special emphasis on the Sabbath in the 4<sup>th</sup> Commandment declaring it a Holy day. Man was to cease from his daily activities in order to spend time with Father. Also man was to inwardly cease from all self-focus and mental activities so that he could rest in Father’s grace and peace.

Adam and Eve’s disobedience in the Garden broke this fellowship, but Jesus’ finished work on the cross allows us to again be able to find communion with Father. Jesus invites us to come to Him and He will give us rest. **Matt. 11:28-29** The Passion Translation says, *“I will refresh your life!”* This was the restoration of the Sabbath rest that Father originally had with man. We now have open access to the Father all the time, and in fact, the Father actually comes and makes His home in us **John 14:23**. The communion now can be intimate and sweet. The Sabbath rest becomes the foretaste of what heaven will be like! Our greatest “labor to enter into that rest” **Heb. 4:11** is to get rid of our disobedience, doubts, and unbelief!

### Things That Destroy Our Rest

So what are the things that will destroy our rest? As we saw earlier, disobedience, hardening your heart, unbelief, and doubt hindered the Hebrews from finding any lasting peace. As I have found, getting too busy, frustration, anxiety, stress, no time in His Word and skipping fellowship time with Him can all contribute to my not being at rest or experiencing His peace. Other things can also steal our rest like focusing too much on the negatives in the news or what’s happening around us or uncertainties about our future. I can get frustrated and upset reading the news and Sue has to remind me to take what I just read as something to pray about and

not lose my peace! We can also dwell on heaviness or depression, carrying heavy burdens or allow guilt, negative emotions and all the “what if” and “if only” thoughts to roll over and over in our brain.

Another hindrance to our ability to enter into peace and rest is dwelling on the past sins in our life. Jesus provided a way to be free from all our sins through the cross. All we need to do is receive His salvation and walk in His righteousness. We need to forget the past sins because they were washed away on the cross as well as all the ones in our future. When we focus on Father’s forgiveness and bury the old dead man with Christ, we are set free from the Law of Sin and Death and translated into the Law of the Spirit of life in Christ Jesus! **Rom. 8:2** That’s what Paul was referring to in **Phil. 3:13** *“forgetting those things which are behind and reaching forward to those things which are ahead.”*



### Things That Bring Us Rest

We need to follow Paul’s instructions in **Phil. 4:8** and meditate on all the things that are “pure, lovely, of a good report, things of virtue, and things that are praiseworthy. When we show appreciation for what Father and Jesus have done for us, we are making a connection and bonding with them. We can also focus on what the Word says in all His great and precious promises **2 Pet 1:4**. We can think about Father’s faithfulness. When we experience Father loving us, it allows us to trust and have confidence that what He has promised us, He is also able to perform. Trusting in His love for us allows us to be at peace and rest knowing that Father cares about us and is faithful to keep His word. Every good and perfect gift comes down from above including His peace and rest. Remember, **Whatever you focus on will become your reality!**

### Why Is Peace So Important?

Jesus gives us His peace. *“I leave the gift of peace with you – my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don’t yield to fear or be troubled in your hearts – instead, be courageous!”* **John 14:27 TPT** The peace of God is more than just tranquility or lack of conflict. **Father’s peace brings with it authority, power, and kingdom.** When we walk in peace, we are in the flow of God’s will and authority. For example, Jesus was at peace resting in the bow of a boat during a dangerous storm that could have sunk His whole ministry team. However, Jesus, from a place of peace, was able to command the winds to cease by saying

with authority, *“Peace, be still!”* Being at peace is why Jesus could also turn and walk right through an angry crowd who were trying to kill Him! Jesus carried Father’s peace with Him wherever He went, even in the garden where the soldiers came to arrest Him. When He said, *“I am He”* the soldiers drew back and fell to the ground. **John 18:6** With Jesus in us, we carry that same power and authority to speak and act from a place of peace and rest in His name!

The Hebrew word for peace is Shalom and means complete, whole, health, no sickness, and needs met. When we let the peace of God rule in our heart **Col 3:15**, we come into alignment with the kingdom. There was only peace, love, and joy in the Garden and Adam and Eve only experienced health. However, after the fall, the negative emotions began to open their spirit, soul and body to sickness and death. Often when we minister to people and help them remove their negative emotions, healing comes to their body.

After my back injury, I realized that my sinuses began to bother me again because of all the unrest that I was experiencing. When I started to release everything to Father and stay at peace and rest, my sinuses quickly cleared up!

Peace can also help give us direction on decisions we have to make. We can follow the peace in our heart and know that is the right way to go. When Sue and I bought our first car and our house, we had a peace on the inside that this was the right choice and we have never regretted it!

I pray that you will continue to grow in your ability to walk in peace and rest knowing that you are Father’s favorite child who loves you unconditionally!

## Father’s Blessing for Peace and Rest

I bless you to walk in a new depth of understanding about the peace of God in your heart. I bless you to experience His peace and rest as you let go of the cares and negative emotions in your life. May you open your heart to receive His peace and enter into a deeper and sweeter intimacy and fellowship with the Father. May the Father’s comforting love wash over you and overwhelm you with His peace as you lie down to rest at night and rise up in the morning. I bless you to have greater trust and assurance in your Father’s love that gives you the confidence and peace to face each new test and trial that tries to come against you. I bless you to walk into your future and His plans for your life with His peace and rest guiding you every step of the way. May you be filled with all the fullness of God in every area of your life!

