

The Blessedness of Rest Series: 7

A Mind Stayed On God

We were looking last week at Hebrews 4.11 “[Let us therefore be diligent to enter that rest...](#)” and said that we have to put in great effort in order to get to the place where we rest.

Not only does the word **diligent** mean ‘*great effort*’ but also ‘*prompt*’ ‘*endeavour*’ and ‘*study*’.

I believe this last understanding to be of great importance here as the next verse goes on to say “[for the Word of God is living and powerful, and sharper than any two-edged sword...](#)”

There is a verse in the Bible (2 Timothy 2.15) which says: “[Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth](#)”

- In the AV this word is translated as ‘*study*’ “[Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.](#)”

This is where we finished last time - saying that we need to put great effort into studying the Word of God and confessing it with our mouths. This confession of the Word plants it deep in our hearts. It is the Word of God that produces faith in us ([Romans 10.17](#)). when we speak God's Word with our mouths, we hear it and faith comes. That faith breeds confidence, which brings us into rest.

The battlefield is our minds, the devil wants to fill it with things for us to think over. We need to take control over that and meditate on the Word, confess the Word, believe the Word.

God went to great lengths in the Scriptures to tell His people to keep the Word in front of the eyes, in their mouths – why? It will bring you into the place of rest!

Isaiah 26.3

We are going to finish this set of teaching by looking at the subject of this Old Testament verse.

“[You will keep *him* in perfect peace, *Whose mind is stayed on You, Because he trusts in You.*”](#)”

There are two key words in this verse both of which contain the idea of rest – they are ‘*peace*’ and ‘*stayed*’

The word ‘*peace*’ is the Hebrew word *shalom*, this is correctly translated as peace but *shalom* is much more than what we understand as peace, i.e. a state of tranquility or freedom from war and violence. A deeper look at the meaning of this word reveals a wider application

The following meanings of *shalom* are taken from James Strong's Hebrew Dictionary (JS):

safe	friendly	prosperity
well	welfare	peace
happy	health	rest

Brown, Driver & Briggs Hebrew Definitions (BDB) adds:
completeness, soundness tranquility relationship peace from war/violence

Notice that rest is one of the meanings of *shalom* -

The second of these key words in this verse is 'stayed': You will keep him in perfect peace whose mind is stayed on you.

This is the Hebrew word *samak* and means 'to prop, lean on, take hold of, rest, stand fast, stay and sustain' (JS). BDB adds 'to refresh, or revive'

So what the prophet is saying to us is that the man/woman who has their mind totally resting in and being refreshed and revived by God will themselves be kept in a state of total rest, completeness and soundness. Doesn't that sound good?

Colossians 3.1-2

"If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

Paul is telling us to set/fix our minds on the higher things – not the temporary things of the world but the higher things of God. As we said too often we focus on the temporal needs instead of the higher things.

Later in the chapter he tells us (**vs15-17**) "And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And *whatever* you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him"

We need our minds stayed on Him so that we can enter into the promised rest. This word peace is also rest – we can let the rest of God rule in our hearts through the word of Christ which is dwelling in us.

This same thought is portrayed in

Philippians 4.6-9

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you"

- *Be anxious for nothing* – anxiety is not at rest
- *prayer and supplication.. requests be made known to God* – lifting our eyes off the things of earth
- *peace will guard our hearts* – the peace /rest of God will keep and guard our hearts
- *meditate on these things* – having your mind stayed on Him
- *God of peace be with you* – you will have rest and be at rest

Let us close with these verses from Jesus' own teaching on the matter.

Matthew 11.28-30

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light”

Come to Me... I will give you rest
Learn from Me... you will find rest for your souls.