



NOW SIT DOWN AND WATCH

*Praying with authority also means
deciding not to take care of it!*

F R A N C K K V A S K O F F

NOW, SIT DOWN AND WATCH



Now sit down and watch

Franck Kvaskoff

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- The True colours of satan
- The "Let" and the "That" of the Bible
- Now sit down and Watch
- The Character of God
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BIOGRAPHY

Franck became a born-again Christian in 1986 in Brisbane, Australia at the age of 22.

It was in 2006 in the south of France that God revealed to him His desire to use him to spread His Gospel. Franck then began to seriously study the Bible, and to write his first Bible studies. It is only 7 years later that he created the ministry The Real Good News in Australia as well as “La Vraie Bonne Nouvelle” in France, after having received a solid training from the Holy Spirit.

Franck does not consider himself a writer, but simply a Christian who recounts what he experiences in his personal life. His books in the form of biblical studies are often enriched with anecdotes from his life wherein he does not hesitate to reveal his mistakes along the way; we also sometimes discover situations with his family. He is a person who places great emphasis on loving his neighbor. This is why Franck likes to pray to heal the sick, but also to teach people to help them enter into autonomy in Jesus. His main goal is to see a Church that uses all that God has given us, but also to see as many people as possible go through the new birth.

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There is a state of rest which the Bible speaks of in various passages. The first time we can see that it speaks of rest is when God Himself rested.

Genesis 2:2 *And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.*

At this time, God has just finished His creation, the Bible says that He rested. Would God need physical rest?

Could He experience fatigue?

Of course not!

We know that God is not subject to physical fatigue because He does not have a physical body. Therefore, He cannot feel a mental or physical need to rest.

When the Bible says that God rested, it is in a sense of contemplation. In the original text, the word translated as "rested" gives a notion of rest, but also of stopping what one is doing. It is the latter notion that is most appropriate in this passage. So God stopped doing what He was doing. He has just finished the creation; this work being finished, God stops and looks. He contemplates His creation, He admires all that has just been done and organised.

This rest that the Bible first tells us about is therefore the fact of stopping after having accomplished something.

Some Christians know it and others may not, but much of what we can observe in a tangible way in the Old Testament becomes a spiritual image for our life, in the New Testament. Many situations in the Old Testament are physical manifestations that illustrate what Christians will be called to live in their ways of thinking. This is the case with rest when it is referred to in this passage we have just seen.

A little later, and still in the Old Testament, we can see that this day when God stopped to contemplate His creation became a special day. It was God Himself who decided this, as these three passages confirm.

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Genesis 2:3 *Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

Exodus 20:11 *For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.*

Exodus 31:17 *It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.’ ”*

God made this day a day apart (sanctified) in the Old Testament. This day was called the Sabbath. We will not go into the details of the application of the Sabbath according to the Law, but simply mention that it could be a day, but also a year, therefore a period of time that could be more or less long. The rule was to stop all work when the Sabbath day arrived, and to consecrate this day with the thoughts turned towards God.

In a way, you had to stop doing what you were doing, to stop your activity whatever it was, to keep your thoughts turned towards the person of God.

Over time, the Sabbath has become today for some people a day when they stop their activities. It is finally for many Christians who practice it today, a simple day of rest.

Today, many Christian denominations, in addition to devout Jews, still take the seventh day as a day of rest. I remember when I was a young Christian, I had just been born again in a Pentecostal church in Brisbane, Australia. Things were not really clear about the Sabbath. I could see many people who had chosen Sunday as their Sabbath day, but I could not help but notice that some Christians had to do nothing else on Sunday but go to church. Later I also met some Christians who told me that Sunday was a day for God, and that it was not right to work on that day.

When I arrived in France some time after becoming a Christian, I went to a small local church where I had been confirmed that working on Sundays was not a good thing, because you had to keep one day a week dedicated to God. But in all these practices, we were far from what God was asking for in the Law of Moses. If you wanted to follow the Sabbath in the right way, you should not even cook anything on that day. Anyone caught working in any way on the Sabbath was to be put to death.

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Exodus 31:15 *Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death.*

Exodus 35:3 *You shall kindle no fire throughout your dwellings on the Sabbath day.”*

These Sabbath practices occurring on Sundays are therefore far from the truth, and are ultimately of little use. People have adapted it to their ways in the time of grace, which has nothing to do with what the Bible teaches about it.

The Law did not allow any sentiment, or give any privileges when it came to the Sabbath. No one could turn away from this day of rest on penalty of death. No matter what the circumstances, no matter what excuses one might have, nothing was to be done on that day.

In those ancient times in the desert, the Hebrews often had to keep warm at night. We know that the desert climate is made up of extremes: it is very hot during the day and very cold at night. The temperature could drop between 7 and zero degrees at night. It is easy to understand that they had to find a way to keep warm, especially by living in tents. To do this, they had to find wood to make a fire. Fire was the most efficient way to keep warm in those ancient times. When the Sabbath day arrived, everyone had to have stocked up on wood the day before at the latest. It happened that one day a man who had not made enough reserves, was found gathering wood to certainly heat himself...

Numbers 15:32-35 *Now while the children of Israel were in the wilderness, they found a man gathering sticks on the Sabbath day. And those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation. They put him under guard, because it had not been explained what should be done to him. Then the Lord said to Moses, “The man must surely be put to death; all the congregation shall stone him with stones outside the camp.”*

There is often that feeling that calls us to mind when we read such a situation, and leaves us questioning if we have not understood the purpose of the Law. Of course, it seems more than unjust in human terms that a person should be executed by stoning simply because he went to pick up a few sticks of wood for heating or cooking his food on a day when it was prohibited by Law. God gave the Law in order to give life to sin: if nothing is found unjust, if there is no fault revealed, there can be no condemnation. That is why the Law was given in order

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to reveal the faults of the human race, as well as their inability to live according to God's standard of holiness. When we read the word that God gave to Moses asking him to stone that man, we might have the impression that God is giving this judgment without any emotion, any feeling.

To give us the heart of the matter, we only need to have a look earlier when Cain killed Abel.

When Cain killed his brother, God didn't come to kill him back. Yet Cain was the first murderer on earth, he had done much worse than picking up a few sticks of wood on a day when it was forbidden. If it was in God's nature to execute this man who was gathering wood on the Sabbath, then He would also have executed Cain. But God, on the contrary, protected Cain, despite the murder he had just committed. We can find this account in Genesis 4:9-16.

So God was not pleased to give this sentence against this man who had violated the Sabbath. But the Law had to be applied, for it was in force. This is why God has always taken great care to warn His people, never asking them to do something they were not able to do. Therefore, it was not out of joy of heart that God had to pronounce this sentence against this man, but the Law was to continue to be applied for a determined time of 1400 years, so that salvation by grace could take place afterwards. The Law is a tangible manifestation of God's standard of living, and the Christian life is the way of life of this same Law accomplished within us, although we neither deserve it nor have done anything to obtain it. The Law now within us is imbued in our thoughts. Thus sin is now in the thought that produces deeds, and not only in the deed only as under the Law.

In this sense, this day of rest which was imposed in the Law corresponds today to the peace of Christ in us. The tangible Law of God given to Moses has been transformed and fulfilled in our way of thinking. That is to say, all those commandments and laws that were to be observed in the Old Covenant have come to life in us, and have been transformed from ways of acting to ways of thinking. In practice, God has inscribed His standard of living in our way of thinking. This day of rest, called the Sabbath, has become a state of thought, a peace to which I return, a way of life, and no longer a physical rest.

Isaiah 56:6-7 “Also the sons of the foreigner Who join themselves to the Lord, to serve Him, And to love the name of the Lord, to be His servants Everyone who keeps from defiling the Sabbath, And holds fast My covenant Even them I will bring to My holy mountain, And make them joyful in My house of prayer. Their

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burnt offerings and their sacrifices will be accepted on My altar; For My house shall be called a house of prayer for all nations."

God had already planned to give His blessing not only to the Hebrews, but also to all those who wished to join His people. Today in the time of grace, all those who wish to do so can enjoy this rest of the soul, through the new birth in Jesus Christ.

When we are born again we enter into a new life. The Bible says that the old things have passed away. That is, our way of thinking changes. We no longer have the same priorities, we no longer have the same vision on certain subjects, our perspective has changed. Everything that was old has become new. God has not changed our lives, He has given us new life. Jesus said it's not possible to put new wine in old wineskins.

Mark 2:22 *And no one puts new wine into old wineskins; or else the new wine bursts the wineskins, the wine is spilled, and the wineskins are ruined. But new wine must be put into new wineskins."*

At our salvation in Jesus, God didn't make something new out of something old. He made us into new people. This is a very real fact, yet many Christians around the world wonder why they don't see this new person, even years after they have gone through the new birth. Like our entry into salvation, our new person is conditioned by the activation of our faith, (for more details on this see our study called: "Faith, the Compulsory Link").

There is therefore a state of rest in which every Christian can enter. Unfortunately, however, few Christians have this profound experience. Over the years they have found palliatives, which of course are not the solutions God has foreseen for His children. These same Christians are never in a state of rest; they think that when there is a problem, the more they pray, the more powerful the prayer will be. Others look for someone who could have the faith they consider not to have, to ask them to pray in their place.

Eventually we realize that their rest is not in God, but in other humans like them. That is why they are unable to enter this rest that God offers them.

Jesus said also:

Matthew 11:28 *Come to Me, all you who labor and are heavy laden, and I will give you rest.*

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He did not say: "Go to other people so that they may give you rest for your soul".

Why not?

Simply because no one will be able to give you rest, the true rest that will keep you in perfect peace. In the same conversation Jesus went on to say:

Matthew 11:29 *Take My yoke upon you and learn from Me, for I am [a]gentle and lowly in heart, and you will find rest for your souls.*

"Take my yoke", that is, accept that I lead you, accept to follow what I teach you. It is only by following and relying on the person of Jesus that I will be able to find rest and peace, but certainly not by living on the faith of someone else.

So the first thing will be to enter into an autonomy with Jesus. Talking about autonomy with Jesus might seem a little strange.

How can I be autonomous if at the same time I have to be dependent on Jesus to live in rest and peace of soul?

The answer is quite simple, Jesus is the source of everything, there is nothing that precedes Him. The rest that I will be able to enjoy comes from Him. This is why I must enter into an autonomy in Him, I must be autonomous taking only His person as my source, and not another human person in addition.

When I think back at the person I was, the personality I was given at birth, I have to say that I was someone who liked things organised. I needed to organise things in my life. Long before I was born again. Everything I organised was well organised to the millimetre, the good as well as the bad. I had this need to run things myself, just to make sure I wasn't dependent on someone who did things without thinking about everything. I also had this facility to be able to foresee almost any situation that might arise in an event that I was organising. As a result, I have been accustomed all my life to foresee and make plans for all situations I might have to face. This applied to all areas of my life, both good and bad, and everything was carefully organised to achieve a successful result in as many cases as possible. This success was most often "my" type of success, what I considered to be a success.

That kind of attitude could be seen as an asset. I'd say in a life outside of the gospel, yes, maybe. Although this rigor in those days was not always used for laudable purposes, today some of these God-given facets serve me well in the TRGN ministry. But getting to this point has not been easy.

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At the beginning of my Christian life, I knew that I had this leadership temperament, I liked being able to lead a team, whether it was in my work, in the activities of my local church at that time, or in the activities of my local church of that time. As soon as an opportunity presented itself before me, I seized it, whether it was to be "manager" in my job, or responsible for an activity of my local church. But at the same time I think that the Holy Spirit was already making me realize that I also needed the ability to be able to accept being part of a team being in turn under the authority of a leader.

At that time I had what can be called a very important interest in hygiene: taking off my shoes and washing my hands when I came into our house, washing my hands before touching food, before holding a baby, changing my clothes if I had to sit on the street or on a chair in a hospital for example. Some of these things are very good and I still do them of course, but I am no longer a slave to them.

In the local church where my wife Christine and I went, there was a team that worked with the homeless once a week. I seem to remember it was every Saturday night; we would invite all the homeless people in the neighbourhood to share a meal. One day the Holy Spirit made it clear to me that I had to be part of this team that was helping the homeless. So we went with my wife, every Saturday night for several months, to help serve at the table, talk with them, etc. I remember one evening when one of the men, who was quite dirty and smelled of alcohol, took me in his arms to show me his gratitude. I accepted politely but I was very uncomfortable. At that time in the beginning of my Christian life, I had not yet understood how much God loved me with His unconditional love, and therefore I did not yet have that overflowing love for my neighbour, whoever he was.

At that time we lived in a small house with a basement where the washing machine was located. When I came home during that winter, every Saturday night after spending the evening at the "Café Bar" (that was the name of the place where we received the homeless), I would undress in the basement at a few degrees above zero, and put all my clothes directly into the washing machine because I didn't want to enter my house with those clothes that I thought might be full of any bacteria. Of course as a good leader, and sometimes a little manipulative, I would impose the same treatment on my wife Christine who hates the cold!

I remember telling Christine several times that I was going to stop this activity. But at the same time I felt that being part of the Café Bar team was a good way to get out of my comfort zone, and that it was good for me.

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Later on, I was in charge of cleaning up my local church. There too I felt that I needed this so that my pride as a leader, which sometimes came out, could disappear.

Today, more than 25 years later, as I write these lines, I say: *"Thank you God for these times that helped me to enter into rest, for these times that have contributed to being able to sit down and watch you take care of certain circumstances in my life today in total peace"*.

Wanting to run everything yourself, to have control over your whole life, is not the best recipe to be able to one day be able to sit down in faith and be invaded by the perfect peace of Jesus Christ. To be so almost disgusted because I was hugged by a homeless man who was not very clean, did not put me in the best position. I had this temperament that wanted to plan everything in advance because I didn't want to suffer, not to be caught off guard about anything in my life. I would go to the doctor as soon as the slightest symptom in my body pointed its nose. I felt that it would be much easier to eradicate an illness if it was taken care of as soon as possible. Some of my friends called me "Mr. Medicine".

At that time I didn't realize that healing was available to all Christians. My local church taught that God healed as and when He wanted.

All these states of life, these ways of living that were natural to me were really against total trust in God. So I was not in the best position to be able to sit back and watch God act in peace.

Leviticus 23:32 *It shall be to you a sabbath of solemn rest, and you shall [a]afflict your souls; on the ninth day of the month at evening, from evening to evening, you shall [b]celebrate your sabbath."*

When God gave this commandment to His people, He speaks of afflicting their souls. The soul is the part of our being that generates our fleshly thoughts, it is in contact with our spirit, which teaches the things of God (for more details on this subject see my study on: Spirit, Soul and Body). So the Hebrews had to humiliate their souls, their ways of thinking.

When we look at the word translated as afflicting, it is in the original text the word ANAH. This word has a broad meaning, which certainly means to humiliate, but also to tame.

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God already gave, about 1400 years before the coming of Jesus, this final notion of the Sabbath: to tame our soul. Our soul generates, among other things, all our human, carnal thoughts. It is also in our soul that we receive these thoughts of lies suggested by demonic spirits; and it is always our soul that decides to give credit or not.

This is why God says that in order to fully enjoy the rest He proposes to us, we must tame our soul, our way of thinking. This is the heart of the Sabbath, of this rest that allows me to sit down and watch.

During these 25 years of process to enter into God's rest, and to be able to sit down and watch the Holy Spirit work for me, I have often said that to sit down, to manifest peace was simply foolishness. This may be true in some cases. Some Christians can manifest a peace that is not really peace. They may think God takes care of everything because they are afraid to do it themselves. But they don't pray, they don't activate their faith. They think they are in a resting state, but they are actually in an unconsciousness, or sometimes in a laxity. In that case the awakening will be harsh!

I had a hard time balancing things, finding a balance between being reckless and resting through faith in God. For me it was foolishness to stand by and do nothing while certain circumstances in my life had (in my opinion) an urgent need for me to take the reins. I am telling this part of my life because I am sure it will help many of you who read this study, who today think for some, that leaving everything to God is recklessness or neglect.

Isaiah 58:13-14 *"If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."*

When God spoke through the prophet Isaiah, He confirmed that it is our way of thinking that needs to be changed in order to truly enjoy this rest, so that we can sit down and watch. When He spoke of holding back his foot, God was speaking at that time of not working, of not entering into any activity.

Today for us in the time of grace, we know that the period of the Law is a tangible foreshadowing of grace. Under the Law, it was action that was important. Under grace, God goes upstream because it is the thought, which is upstream of the

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gesture or the word, which is taken into account this time. The fact of remaining without activity on the Sabbath corresponds for us today to remain in a neutral thought to let the thought of God settle in us.

Jeremiah 17:21 *Thus says the Lord: "Take heed to yourselves, and bear no burden on the Sabbath day, nor bring it in by the gates of Jerusalem;*

Jeremiah confirms this fact prophetically speaking. Certainly we should not have had to carry anything physically, but this also prefigures this rest that we must take today without carrying any burden in our thoughts.

Today the burden is often moral in the first place. God wants to act at the level of our thoughts, because thought is the origin of every action or word. If my thoughts are at rest, then my actions and words will be at rest as well. That is why it is important not to carry a moral burden, but on the contrary to enter into the rest that God offers me.

Matthew 12:8 *For the Son of Man is Lord [a]even of the Sabbath."*

We can now see that the Sabbath, this physical rest that was practiced in the Old Covenant, is not a rite that we must follow. Jesus says in these words that man is master of the Sabbath, that is to say that we as Christians have full decision as to whether or not to enter into this rest. But also that the Sabbath is no longer a forced physical rest.

Matthew 12:11-12 *Then He said to them, "What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath."*

In those days people did not hesitate to go and look for a sheep that had fallen into a pit, a deep hole, because it was their livelihood. In that case the Sabbath was not so important to them. But Jesus shows that we must not fall into the trap of respecting physical rest and following rules that would go against our natural well-being.

Hebrews 4:3-11 *For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' " although the works were finished from the foundation of the world. For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His*

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works”; and again in this place: “They shall not enter My rest.” Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” For if [a]Joshua had given them rest, then He would not afterward have spoken of another day. There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. The Word Discovers Our Condition Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

The author of the Epistle to the Hebrews begins by quoting this passage from Psalm 95:11 when he says, "They shall not enter into My rest". David was writing on behalf of God who said that the people had not entered the Promised Land because of their disobedience. This passage shows us that like many rules in the Law of Moses, the Sabbath was a symbol of the true rest that we can have in Jesus Christ. Most Jews at that time had refused this rest in Jesus Christ, but this rest is offered to all Christians today.

Hebrews 4:1 (ESV) *Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.*

To enter into salvation is to enter into rest. These words show us that the two are inseparable. I cannot say that I am saved and that I have not received God's rest. In other words, I cannot say that I am saved and that I cannot enter that rest. God gave rest for our souls along with salvation.

Matthew 11:28 *Come to Me, all you who labor and are heavy laden, and I will give you rest.*

Now we might ask ourselves what this rest consists of.

Why would God have prepared a rest for us?

Some Christian denominations advocate that it is still absolutely necessary to practice this physical rest that the Bible calls the Sabbath. Many times I have found that these people take one day a week without doing anything to observe this Sabbath law, but they are not in the rest of the soul that Jesus gives us at our new birth. I personally know Christians who do this, but that doesn't stop me

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from being friends with them and appreciating them. We have had some discussions about this but they have preferred to stay in their habits.

What a shame not to take advantage of all that God has given us. These same people, when they are struck by sickness, stay there asking God to do His will in this matter. But unfortunately nothing happens in their lives in terms of healing.

Having the ability to enter into this rest is essential for us Christians. I see too many Christians who contact me regularly who are not at peace with one or more situations in their lives. This is not at all what God has planned for us in our salvation in Jesus.

We have this duty to use His Word, the Word that God has placed in our spirit, with faith, to see what we command, proclaim, and do (for more details on this see my study called "I Take and Use My Authority").

There is a state that we must enter that allows us to sit down and watch the Word of God unfold before us. This state is a perfect peace that no situation or circumstance in my life can cause me to waver. All of us, sooner or later, have to live through circumstances or situations in our lives that are not always pleasant. It is very important to remember that God is not the source of our problems or difficult situations in our lives. The earth was given to mankind by God. It is the responsibility and the duty of mankind to administer the earth.

Genesis 1:28 *Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that [a]moves on the earth."*

Just because Adam and Eve sinned does not mean that God would have taken over the stewardship of the earth. The sin that came into humans does not cancel their responsibilities of administering the earth. Today, thousands of years later, various societies have been created, and they can be very different from country to country. These societies are governed by social and governmental laws created also by humans. It is humans who are in charge of organising what happens on earth. A whole modern world has been created from this. A world in constant motion, diverse actions that today generate both good and bad. Accidents happen unfortunately, natural disasters, transmission of diseases, murders, famines, hatred is generated in many situations on earth. All this is the result of man's stewardship of the earth. God has not taken over the management of the earth, this task is always entrusted to humans, and

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unfortunately the result is not always the best, because sin in man prevents him from acting correctly.

So we have difficult situations to deal with sometimes, a fact that no one can deny. This is why it is not correct to say that the disasters, or problems, that we may experience or see around us come from God. Some may say that God does not generate these things, but that He allows them somehow. That is not correct either. As I often say, comparing God to a human gives us a totally false view of Him. God does not think like humans, He is perfect. If I attribute human thoughts to God, then I will also attribute human actions to Him.

In His perfection He Himself is subject to His Word. He does not backtrack on what He says, He never backtracks on His Word. That is why God does not allow all the evil that can happen on earth, for He is subject to His own word. When He has given the management of the earth to men, He will not take it back, even if this management is sometimes deplorable. It is the word that God spoke that continues to be carried out. When God speaks, it is fulfilled, nothing and no one can go back and cancel the word that God has spoken. He does not do it Himself because He is just and perfect.

If the Word of God could be challenged, then we Christians would be unable to use it effectively.

Imagine praying for a sick person for example: "Sickness, I command you to come out, I cast you out of this body in the name of Jesus". If the Word of God was questionable or if God could go back on His Word, then we could never be sure that when we use that word within us, someone would cancel or change it.

God is perfect and just, if He were to change His Word, it would mean that when He spoke it, that word was not perfect. We only modify what is not perfect; the perfect does not need to be corrected. This is why the Word of God is not to be taken back. God Himself is subject to it, and He approves it.

We often hear that God is sovereign, but very few people understand this sovereignty of God.

There are two currents that are as erroneous as each other:

- The first one advocates the fact that God has a will that applies in all cases without exception, in the spiritual world as well as in our material world. Nothing is done without God's agreement, nothing happens on earth

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without God saying "Yes I will". This way of thinking is not in accordance with what the Bible says. Just take a passage like:

1 Timothy 2:3-4 *For this is good and acceptable in the sight of God our Saviour, 4 who desires all men to be saved and to come to the knowledge of the truth.*

This simple word from Paul to Timothy shows us that God's will is that all people be saved. Yet we only have to look around us to see that this is not the case at all. Year after year, millions of people die without being saved, yet God has expressed His will saying that He wants all men to be saved. So God is not sovereign in this case.

- The second stream says that God does things in His time. This statement is true, but not in this case. When Christians pray for healing, for a personal situation that should obviously be resolved, and they don't see it coming, they say that God is sovereign, that He will do things in His time. This group advocates that God sometimes chooses His time to answer prayers. But often such ideas have been developed simply to make up for a lack of faith or knowledge of what God says in His Word. It is easy to see that when Jesus prayed, all the sick were healed.

Mark 6:56 *...And as many as touched Him were made well.*

Acts 5:16 *Also a multitude gathered from the surrounding cities to Jerusalem, bringing sick people and those who were tormented by unclean spirits, and they were all healed.*

These are only healing, but we could take other areas where God has already affirmed His position, such as in the fact that He wants us to be healthy no matter what the situation, that He wants us to be safe, or that He does not want us to lack the essentials in our lives.

So there are no delays on God's part when we are in what He has already proclaimed, it is our faith that is at stake in order to see these things come to pass, and not God's time.

It is very important to understand that God is not sovereign in all areas of our world. This simple fact will greatly help us not only to enter into this rest, but to remain in it. It is not that God did not have a choice and that He should not be sovereign against His will, but God intended it that way. God wished to give us everything we needed to live a productive, fruitful life. God wished not to be sovereign on earth. He also wished to give us a free choice to use these things or

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not. It is up to us to choose to live according to the plan that God designed for us.

So God has prepared a condition for us that we can and must enter into, which is permanent appeasement. This rest comes from Him and not from myself. That is why the greatest component of this rest, to accept to sit down and watch, is based on trust. This trust is to be built, it does not happen overnight. Faith is the main component of my trust in my Father.

I have not always been able to sit down and watch, I have not always been able to say, "Now that I have prayed, I trust you, I accept to sit down and no longer run around in an agitated manner".

When I am writing my studies, the writing time may vary according to my occupations in the TRGN ministry. Some studies were written in a few days, others in a few weeks. A few weeks ago, when I was writing the previous pages of this study, I was confronted with an important problem. There, as so many times in my life, I had the choice to pray and then sit back and watch the Holy Spirit create circumstances to address this problem, or to give in to panic and let fleshly thoughts overwhelm me.

It can sometimes be difficult to write about the rest that God offers us about sitting down and watching the solution happen, when we are experiencing such a problem at the same time. But as I often say, I never write about anything I have not experienced in my personal life. So I stopped writing, and I prayed with authority in the name of Jesus for this problem. After that I sat down and watched the Holy Spirit do His teamwork with me. Of course we know that the sitting I am talking about is spiritual. I sit down, I enter into a rest that my trust in God allows me to experience.

However, if it can help you when you are faced with this kind of problem, don't hesitate to sit down physically. God sometimes uses tangible symbols to help us learn spiritual things.

James, for example, used oil to help some Christians of Jewish origin to activate their faith.

James 5:14 *Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.*

In this context, James advocates using oil to heal the sick while praying for them. For more details on the context of this passage of James see my study called: "Heal the sick, it is not an option". The oil is used here by James as a faith

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activator. Of course the oil has no power, no might. It is simply a physical element that will help these people to activate their faith to be healed. These Jews had used, or seen used, all their lives oil to symbolize the anointing of God.

Even though James wrote this about 45 years after the cross, this oil was going to help these converted Jews to have something on which their souls could rely in order to follow and submit to their spirits. It would be ridiculous today to use oil to pray for a person who does not have this Hebrew past, because it would not remind him of anything, and could not be an element that would activate his faith. It can happen, therefore, that when we are in a learning phase with regard to a biblical subject, we can use, for a time only, a tangible element, a position of some kind to help us activate our faith. It is nevertheless very important not to give any power to this element, otherwise we risk falling into dangerous mysticism.

The oil that James talks about in his letter was therefore to be used for this example only and not in a regular way as can sometimes be seen in some local churches. In these same local churches or groups of Christians, someone prays the first time with the laying on of hands, and then if he does not see anything happening, he thinks that the oil will bring additional power, as if this oil contained some kind of power. Such a way of thinking is only a demonic deception, in order to make God's people fall into a dependence other than that of God. We are then more challenged by an object, a position of prayer, than by our own faith.

That is why each one will be able, if he wishes, to sit down in order to "materialise", and by this, help his soul to be in line with his spirit, to mark this entry into this rest of God. But this kind of attitude, as I said above, must remain temporary, the time to grow a little more in trust and faith in God.

So I was writing this study, being faced with the choice of sitting down after having prayed, or adopting a restless attitude, indulging in all sorts of thoughts that my flesh could generate. But instead I sat down, considering that my prayer of authority in the name of Jesus was more than enough to solve this problem. Today, about two weeks later, this problem has been completely resolved without my involvement. The Holy Spirit took it upon Himself to change the minds of those concerned who had made bad decisions. I often even start laughing when I go into this rest. Laughing because satan is defeated, laughing because he thinks he is going to win, but he has already lost. Laughing because

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my Father is in command of what I have just ordered in the name of Jesus. If this happens to you sometimes, it is therefore not abnormal.

As I said before, I didn't always react that way. But today I can say that I sit down every time I finish praying in order to watch the Holy Spirit take His role in a perfect way. This is what I call teaming up with the Holy Spirit.

I will not mention the time it took me to come to live in this rest in my daily life so that no one would take this time as a useless personal reference. But what is certain is that for a good part of my life, I often panicked, got angry, said words that I regretted later, made people around me suffer unnecessarily, simply because I did not sit down in the rest that my faith gives me today.

Because of my personality, I like to organise, optimise things, and prevent risks. In two words, I prefer to prevent rather than cure when I have the choice.

As I said earlier, the first years of my Christian life were bathed in this way of thinking. I wanted to manage everything myself, because I didn't trust anyone. I told myself that a person is never better served than by himself. It's not necessarily a problem to want to do things well, what is a problem is to think that I'm the only one who can do it. With hindsight I have found that there are many cases where there can be many ways to do things right. But at that times, only my way counted. I didn't want to leave anything to chance, practically every possible case had to be taken into account, planned for, and the solution that went with it.

With such a way of doing things it was impossible to sit in faith and watch God act in my life.

So to justify myself, I attributed it to our part to do. It is true, we always have a part to do, and there is God's part too. But in my case, the margin of manoeuvre that I was leaving to God was really more than minimal. As a result, I felt good, because I was the one who was 90% in charge of things in my spiritual life.

Of course I was unable to realise my mistake, because I was so rooted in this way of thinking. Everything had to be calculated down to the last detail so that I could feel at peace. In the end my faith was not in God but in me.

I liked to help my neighbour, to be helpful in my local church in various activities, but always with this same way of thinking where I had to organise everything. When I was part of a team I had a really hard time staying in my place, but I ended up doing it. When I went home, I would complain to Christine about all the mistakes my leader had made. Some of them were sometimes justified, but

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most of the time it was simply because things had not been done as I would have done them myself!

So she listened to me. Sometimes I was so imprisoned by my anger that I even blamed her for not going my way enough...

After a while, I was so blinded by my way of doing things that directing, organising and preventing, began to make myself a burden to those around me. When we want to organise everything, there are bound to be moments that slip through our fingers, because we don't always master all the situations in our lives.

In those moments I no longer had my safety barriers, I could no longer rest on myself. I easily became irritable, because in the end I just panicked inside without really noticing it, having lost the human markers that were my foundation at that time.

I remember my wife Christine, who, at that time, was the exact opposite of me. I thought she was more of a "let it go" kind of person. Since she tended to be laid back, it was much easier for her to tell herself that she was letting God take over after she had prayed for something. But in the end, we were both in the opposite extreme. I used to say that it was better to do things yourself to make sure that everything was done right, because my character refused to trust God in certain areas. She said that it was better to let things go and hope that God would fix the situation, while at the same time being prepared for things not to turn out the way they should, because her character was holding her back.

Today we have both entered into this rest, and have found this balance because our trust in God is total. We are in this rest that God has given us, often sitting and watching our Father lead our respective lives, or in our family life, with power.

Not only sitting in trust allows us not to be stressed, worried or anxious, but above all, sitting down in peace, rest, being seated, allows us to make the best decisions.

Getting to this way of thinking has not been easy. Not that God makes things difficult, but we are the ones who most of the time make the difficulty present. Most of the time we refuse to lose what we have gained. Whether it is material goods, relational harmony, social position, etc... we are afraid or simply refuse to let go of what we think is ours and have the power to make our lives easier. It's a bit like those very young children who can barely walk. They often have a big toy in their hand, they want to grab something else, but they realise that it's

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impossible until they put down the toy they're holding in their hands. Then some will scream in anger, others will start crying, others will try to grab that other object using all their intellectual and physical abilities so that they can grab both. But in all cases it's a waste of time. They will have to put down their toy first if they want to take possession of this second object, but seizing both is impossible.

It is exactly the same in our Christian life. It is impossible to rely on my own talents, my own abilities, my own reasoning, my own achievements, and to want to sit down in faith and rest in God and watch Him at work in my life at the same time.

Sitting in God's presence with total trust is what God Himself proposes to us. It is easy to realise that we are not more evolved than God, that our way of thinking is more than limited compared to His, but also that He loves us more than anything else. We are what God considers most precious.

Let us stop for a moment and consider all that God possesses.

The universe is His: everything that the planets contain, minerals, resources of all kinds, etc. And this is only the tangible part of what God possesses.

We are even more precious than all these things. How can we not trust a person who has more than proven himself to us, as God has! God only wants our happiness, He wants to get us out of this demonic way of thinking that makes us cling to fragile and ephemeral branches.

No situation in our lives can compete with God's peace. No circumstance in our lives can ever equal a crumb of what God's rest can bring us.

To enter into rest, to sit down and watch God acting for me is above all a choice on my part. Too many people delude themselves that they can't do it. It is impossible not to be able to do it, because in that case God would be proposing a state that would be impossible for some people. So God would be a liar, which of course is not the case. So to say that I can't do it is not a fact that is real in my life. It is a demonic deception, a satanic lie that demons would like me to believe and take for truth. To sit down and enter into rest is nothing but a personal choice. I am the only one who can prevent that.

All Christians without exception are subject to demonic thoughts.

Would this mean that a born-again person could be possessed by a demon?

Not at all!

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This is impossible, for God has filled us with His Spirit. Moreover, it is easy to see that when a person is possessed, he always has all his will to act and be delivered.

Mark 5:6 *When he saw Jesus from afar, he ran and worshiped Him.*

This man was bound by a number of demons, but he nevertheless found the strength to throw himself at Jesus' feet in order to be delivered. The Holy Spirit cannot be subject to a demonic spirit. This simple idea sounds like a joke.

1 John 4:4 *You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.*

For more details about satan and his demons, see my study called "The True Colours of satan". In the same way that a person can come to me and speak to me without dwelling in my home, demonic spirits can very well suggest lies to me without them being in me. It is the nature of sin in me that makes it easy for demonic words to be heard toward me. The more I sanctify myself, that is, the more I turn my thoughts to what God says, the more I develop His nature in me, and the less I will be able to hear demonic thoughts suggested to me.

I no longer count the times when, years ago, I let myself be fooled by these kinds of lying thoughts. "Trust what you see, trust what you can touch, because this is safe." On other occasions it was also: "You're not going to give up, that's irresponsible! You should take care of this problem in person! ».

So many times I have let myself get trapped, only generating stress, anger at times, and unnecessary worry.

In this perspective of making a firm decision to let God take care of my affairs, there is, when we have prayed with faith, a state that we must enter into. There is a first step in being able to sit down after having prayed. Having nothing to lose is essential.

Does that mean I should not care about anything anymore?

Not at all!

Having nothing to lose means, first of all, becoming fully aware of everything I own, my priorities, my opinions, my achievements, my position, etc... I cannot accept to lose what I am not conscious of possessing, either morally or even physically. Nothing that I possess must build my identity, the person I am. The Bible shows us that the source of all things is in God. Everything I can possess in this world, material possessions, relationships with other people, social position

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or even in a local church, is only temporary and should not be the source of my balance or my peace. Of course these things are not to be rejected as I said, but they should not be the basis of the person I am.

Having nothing to lose is a profound matter, and very few Christians realise what this is all about. Some think that God puts us in need to teach us, others think that wealth will take us away from God. None of this is harmful, as long as we have the right balance.

Jesus told a rich young man who was looking for glory that he had to sell all his possessions. This young man claimed that since childhood he had always honoured his parents and loved his neighbour, which is highly unlikely. If this were true, this man would have been perfect.

Matthew 19:16-22 *Now behold, one came and said to Him, "Good Teacher, what good thing shall I do that I may have eternal life?" So He said to him, "Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments." He said to Him, "Which ones?" Jesus said, "'You shall not murder,' 'You shall not commit adultery,' 'You shall not steal,' 'You shall not bear false witness,' 'Honor your father and your mother,' and, 'You shall love your neighbor as yourself.' " The young man said to Him, "All these things I have kept [d]from my youth. What do I still lack?" Jesus said to him, "If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me." But when the young man heard that saying, he went away sorrowful, for he had great possessions.*

This young man thought he could buy eternal life with good deeds and a few lies. How could he have loved his neighbour if he was so attached to his riches, it was not possible. If Jesus told him to sell his possessions, it was because his possessions were the source of his peace, his security, and surely also of his identity.

In that case it would have been impossible for him to take on the identity of a son of God, having put his identity in his riches. Money and wealth was not this young man's problem, but rather the love of money and wealth.

There are a few examples in the Gospels where some rich people act badly. We can see this rich man with Lazarus in Luke 16:20, but also in James 1:11 where James talks about rich people.

Many Christians often think that God is against wealth because of passages like these that are misinterpreted. But as I said before, wealth is not a problem.

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When these passages speak of rich people, whether through Jesus or James, they are speaking of people who have put all their trust in their wealth. The more they have, the more they want, and the more they have, the more they depend on them. It is from God that we must be dependent on, not from any other source. It is not that God is an egocentric being who wants everyone to be dependent on Him, but it is out of love that God advises us to be dependent on Him. It is because only through Him alone can we get what we need for eternity.

Jesus never blamed anyone for having possessions, He never said it was a bad thing to possess wealth. Jesus was in His ministry assisted by rich people who provided for Him and the needs of the twelve.

Luke 8:2-3 and certain women who had been healed of evil spirits and infirmities—Mary called Magdalene, out of whom had come seven demons, and Joanna the wife of Chuza, Herod's steward, and Susanna, and many others who provided for Him from their substance.

Not only did Jesus never rebuke these women who were assisting Him with their goods, but He accepted to receive a financial provision from them. If these women had not had any wealth, they could not have used it to help Jesus and His team live every day. These women had nothing to lose, at least they were not attached to their wealth. These women were following Jesus, according to Luke's Gospel, and so they somehow left their rich lifestyles to follow Jesus by lowering their standards of living. In this sense they had nothing to lose in the financial field, money was not their source. They saw their money as a tool for living and helping others.

It would be impossible to enter into the rest that God gives me if I am a slave to wealth, or anything else besides. This rest that God offers us has the same conditions as when we enter into physical rest. This rest was physical during the Old Covenant, as we saw earlier. Each one of us has at least once experienced that it is impossible to enter into a deep, lasting and restorative physical rest if we are not at peace.

When we put our security, our peace into ephemeral things like our bank account, our family, our job, our reputation, our intellectual qualities, etc., it is only a matter of time before we see one or more of these things fall apart in our lives.

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It is very important to understand and especially to realise that everything on earth, without any exception, is temporary. This is a first point. On top of that, we do not know if or when any of these things will fail us.

My age, the others around me, the circumstances of my life, my job, my reputation, are elements that will sometimes cause the collapse of one of the human and ephemeral foundations on which I have based my life. The question is not whether it will happen, but when it will happen.

That is why God proposes that we do not lay the foundations of our life, of our human identity, what we are, on foundations that are human and temporary.

Not being attached to anything is therefore the other condition in order to be able to enter into this rest, to sit down and watch.

In this area we often see the two extremes. On the one hand, there are people who have nothing or not much, for various reasons that we will not discuss in this study because it is not our subject. These people have no problem advocating that they have nothing to lose, because it's very easy to let go of what you don't have. Quite often these same people, when we talk to them about losing their position, their reputation, for example, are less in agreement than when we ask them not to hold on to what they don't have.

On the other hand, there are those who have assets, who also have difficulty letting go.

But as I said before, to sit down and enter into this rest of God is a choice. Having lived it, I can say that having nothing to lose is also a choice on our part and nothing else. Of course there will always be a whole bunch of reasons, arguments, and sometimes even going so far as to say that it would be irresponsible!

However, coming to the point of having nothing left to lose sets us free. The problem is that we can only find this out personally when we are there. In other words, I will only be able to realise that I am free and that having nothing to lose is one of the best things, when I have entered this state of trust. This is why a majority of Christians do not enter this condition of rest. They want to put just a toe in it and see what will happen. But it is only when I let go of everything that I will be able to see the power and strength that comes from being free of myself.

Some denominations teach that you have to give everything you have to experience this. They are based on passages just as we saw them from this rich young man. But it is not a question of giving up all that we possess materially and

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morally in order to be free and enter into the fact that we have nothing to lose. This is a lure.

On the other hand, having nothing to lose, and not only from a financial point of view, will deprive satan of a means of manipulation that he could have used to prevent me from entering into this rest.

You just have to be ready to say something like: "Thank you God because you gave me life. I chose to take the source of my person in You because I gave You my life. Today I would like to go even further with You in the trust I have in You. It is not easy for me but I want to arrive at being free of myself, to arrive at having nothing to lose, for I know that You are my source. I know that You love me and that You will never leave me, that in one way or another You will always make sure that I have something to live on. So today I want to enter into this thought that will make me let go of everything I am and everything I have in this world. Thank you Holy Spirit because I have the assurance that you never let go of my hand, even if there will be difficult moments, you are there close to me. I declare from this moment that I no longer want to be attached to all these things and that I am entering into this process that will make me more and more free and bring me into perfect peace".

Faith is a very important element in order to arrive at having nothing to lose. It is that way of thinking that validates my trust in God firstly, and secondly, that releases Christ's supernatural peace in me. Without a minimum of activated faith, I will not be able to sit down and enter into a supernatural rest coming from God. My activated faith will give me a reason to open my hands that hold these tangible barriers that secure me, to let go.

These barriers will be different for each of us. They can be:

- My ability to reason
- My qualities as an organisator
- My pride, or my vanity
- My fears or anxieties
- My entourage
- My Job
- My reputation
- My lack of knowledge of the person of God
- My past

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This list could easily be extended, each person could add his or her own barriers that he or she will have to let go. It is always because we fear losing something that we have difficulty in entering into this total trust.

Will God listen to me?

Will He do things in time?

What if things don't go according to plan? Etc.

All these things happen one after the other in our thoughts, it's a fact. No one can stop them. But we can reduce these kinds of thoughts to nothing. In this case our faith acts as a steamroller that will crush and destroy these thoughts as they come to me.

In practice, things will happen differently depending on the person. That is why it would be a mistake to give a universal procedure. Some people will have no difficulty in letting go and sitting down to rest, while for others things will happen in a more or less long process.

The mistake would be to want to take a model from this or that person. We are unique, and we all function differently. God knows this and He respects it because He loves us. That is why it is in a strictly personal relationship with the Holy Spirit that I will be able to sit down and watch Him work with me.

You can say something like: *"Dear Holy Spirit, thank you for always being with me, I know that you love me because you are the Spirit of God, the Spirit of Jesus, and you have chosen to dwell in me. I know that you respect me, and that you only want what is good for me. I want to be able to have total trust in God. I want to be able to sit down, be at peace, watch you do what I cannot do myself. Watching you create the circumstances for me after I pray. Thank you because we make a great team, you take care of what I can't do myself, and I know you will do it much better than I could have done."*

This is just an example of a prayer I can say to the Holy Spirit. Remember that the Holy Spirit is the only one who stayed here with us on earth. God and Jesus are in heaven, but the Holy Spirit is my teammate in this world. He is capable of everything, no circumstance can stop Him, and no situation can stop Him from moving in the direction He has decided. It is easy to understand that He will be

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in a much better position than I am to make every circumstance in my life a success.

It is also important to realise that it is not because I am going to say this kind of prayer once that I will immediately sit down in peace for a permanent period of time and watch God act. This is a fact that is possible but is still quite rare among most Christians. That is why, and as Paul says in ***Ephesians 4:23***, we need to renew our soul, or our mind.

To renew means to do again, to say again, to proceed again. The good news is that the more often I renew my intelligence, the easier it will be for me to do it. Like an athlete who trains: the beginnings are sometimes tough, but the more you train, the easier it gets.

It will thus be necessary to train oneself to renew one's intelligence, that is to say, to make the thoughts coming from my spirit pass to my soul. To renew my intelligence is also to use the Scriptures of the Bible, as well as good teachings in order to saturate my soul with what God says. I will also regularly proclaim out loud truths that correspond to what God thinks and says about me. Talking to the Holy Spirit as often as possible so that He will confirm all this to me is also very important. Even when I am sitting and watching God at work, I can talk to Him, I can tell Him how grateful I am if I am in total peace.

But I will also be able to tell Him my fears if this is the case. This could be translated into something like: *"Holy Spirit, I am sitting here and I am looking at you. Thank you for helping me to reach this stage. I am a little afraid sometimes again. Thank you because I know you help me in these cases. You know me better than I know myself, so I want to tell you that I trust you and I want to be even more at peace and watch you act for me"*.

After a while, you may realize that a supernatural joy will take hold of you. The first few times you may think it is unconsciousness, but it is not. This joy is the fruit of your trust and your faith acting in you. Then this joy may make you laugh even when circumstances are humanly difficult. You will be able to laugh at the future defeat of satan and his demons against you, you will be able to laugh at this victory over the prayer you have formulated.

Do not hesitate to contact our ministry if you feel that you need help to put this study into practice, we will be pleased to help you.

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