- 1. God's Word—Faith in God
- 2. Jesus' Love for us—Loving Him in return—Communing
- 3. Holy Spirit Empowerment—Gifts and Fruits of the Spirit used
- 4. Praise and Joy and Contentment—Words and thoughts Glorifying God
- 5. Prayer and Intercession—Rebuking and fighting the enemy
- 6. Prophecy and Direct revelation—Communication and Guidance from God
- 7. Angels and Ministering Spirits—Resisting and binding all evil
- 8. Keys of the kingdom—Desiring God's Will—Giving no place to the enemy
- 9. Heavenly Vision—Thoughts of God—Mind's meditations only what pleases the Lord
- 10. Love and Charity—Forgiveness—Unity, fellowship, brotherhood
- 11. Resting in the Lord—Loving, learning, labouring, and living with Him; letting Him do it through us
- 12. Humility—Resist pride—God alone is the judge, no self-righteousness

Resting in the Lord—Loving, learning, labouring, and living with Him; letting Him do it through us

(Jesus speaking:) Come to Me, and I will give you rest. You have to do the first part—you have to come. It's no fun if I have to drag you along to a nice place to rest and to be refilled. Like Lot's wife that the angels had to practically drag along, but who didn't want to have to leave. I want to be sitting over there in the nice shade, with a refreshing snack ready while you freely, of your own will leave off every other distraction and disturbance to just be together with Me. Will you come? I'm here now. Will you sit with Me? I love to be with you— especially when you love being with Me. I just love it!

(Jesus speaking:) Think of it like being the engineer of a train. You are there doing all the controls, looking out the window, sending signals, making sure all things are going right. There are things you must do, and that I need you to do. I am like the train engine. I'm all around you, surrounding you, protecting you, carrying you, moving you along to your destination. Just as you can't see the train while you are in there—just the interior so can you not see Me. But you see My heart and you know you are safely inside My Spirit. However, I don't just get you from here to there with no participation on your part. There are things I want you to do. You do affect the outcome of the journey in many ways. And that is good. I want you to. I want us to work together. You don't have to labour to take every step to your goal, you can rest in Me as I move you along. –Just like taking time to rest your weight down on Me. I can carry all your burdens, like a train carries the cargo. Trust in My strength, let Me carry your loads, and don't forget that I surround you, protect you, and have what it takes to get you and all those you are trying to help, to the destination. I supply all the tools and aids, valves and throttles and what you need to do your job—like all the skills, gifts and talents I've given you that help you to do what I've called you to do. You are bringing Me to others—like a train is brought to the next town. More people are invited to come on in—just like they need to enter through the door, Me, to go to Heaven, the destination. And give yourself a break every now and then too, to stop travelling and rest on a bed in one of cars. "Rest in the Lord", and have your strength renewed.

(Jesus speaking:) When a glass is filled with water and it is settled on a table, you know the next sip will be there for you to drink. It's not going to spill out, or leak out, or jump out. Right? When you are settled on My promises, and have faith, then you are at peace in your heart. You are there for the thirsty, a vessel filled with My Words. But if you are turning around and upside down in rush and stressed, rolling all over and around, doing this project and then the next—looking more like a rolling pin that is flattening the dough then a tall

drinking glass, people aren't going to be refreshed by what you could be offering them. And most of all you'll be empty and unable to be filled with what is good. So take time to just sit still, time to rest, time to be filled up. And then let Me move you onto the right place, the right table, where you can be a blessing. You don't have to try to run here and there in your own strength. Just tell Me to place you where you ought to be, and then be settled in heart and mind. Stay upright, with your open mind facing upward to Heaven. I'll lead people to you, and they can drink of the water of God's Word that I've poured into you. It will come out your mouth and out your eyes and out your smile and out the words that you write. "Be still and know that I am God." "Ho, everyone that thristeth, come ye to the water." "He leadeth me beside the still waters." "Peace I leave with you, My peace I give unto you."

(Jesus speaking:) Are you worried about something? Probably because you don't know if you can manage the feelings that come with the situation—perhaps the feelings of humiliation if you fail or seem to fail in something. Or perhaps you wonder if you'll be unhappy and your heart will hurt a bit. Why not just let Me do the worrying. It's not worth it. If things will be difficult, then let the hard feelings later be the only time you suffer them, not also now. Why put yourself through double trouble? Enjoy the moment you can now, before things change. Oh, you wonder if you think about it now it might make you able to change something that will make things easier for yourself or others later on. Well, the only thing that does that is to pray and "cast your burden upon the Lord". Yes, if you turn those thoughts of concern into prayers and specify just what you'd like Me to work out in the future, this can make things a lot better. So, instead of worrying, and trying to figure out your troubles, or cringing about what you just are not looking forward to at all, praise Me for My special ability to change any situation for the better, and then ask Me to do just that—and list in what ways you would really appreciate My help. You can turn worries into workmen, prayers, that will go to work to make things as good as they should be. Together we can make it—by you telling Me what is on your heart, and Me changing things for the better, or healing you quickly afterwards if a time of difficulty is what you are mean to face and go through. I love you.

(Jesus speaking:) Come into the water. I know it's a little cold, and you wonder what will be swimming past you. You are nearly up to your knees now. Good for you. Keep taking steps. You wonder what is in the sand beneath your feet? Ah, it's hard for you to step when you don't know exactly everything about the situation, and you don't want any unwelcome surprises. But can't you tell that the water is also invigorating? And most of all you are very interested in the island that we are heading towards. I'm holding your hand as I lead you step by step to the place I want you to go. Oh, did you feel that? I know you did, for you just about leapt into My arms, not wanting any part of you to be in the water, as something swam passed you and brushed against your leg. It left the water a bit murky so you couldn't even see just what it was. I'll hold you until you feel your confidence return. In fact, I have an idea. I'll put you on a surfboard and you can sit there while I pull you along with me a bit. I will tell you however, that the water deepens, and by the time you get off you probably won't be able to feel the bottom with your feet, or it will be at least up to your neck. You nod. You don't mind. Because it's later. For now you just want to get out of the uncertain water. And after all, you really want to get to that island. It looks like a world of fun and adventure. Who knows what animals and creatures will be encountered? And what fresh fruits, and beautiful plants, waterfalls, hikes, and so forth will be enjoyed. Just getting there is the biggest challenge that you have gone on yet. But that is what it is like in just about each part of your life, the challenges you have to get through first to reach something you are reaching for. After a while of being on the board, though the water deepens, it also clears and it looks so beautiful. You are glad to be here. Though there are some fish swimming around, you don't mind. You happily slip down in the cold but clear water. Together we swim and swim. It's a good work out. We swim until we reach a large rock, and climb on it to rest. We are getting closer to the shore of the island now. You've done very well so far. "It's only because you are helping me," you say to Me. And that is how it is in life. Thought there are tough challenges and many things do feel

uncomfortable, I will always be there to help you. There will be good times and some not so great times. But together we can reach the goals that you and I have set out for. I promise you there will be times of rest and refreshing along the way—just like the board and the rock were in this little example of someone trying to reach the island they wished to go to.