

How to Operate Out of ‘The Seat of Rest’

I’ve taught many times on living in rest because we trust Father to look after everything. It’s something I practise every day. But how do you actually go about doing it?

Life in modern times is very hectic, and there are lots of negatives all around us which stir us up into anxiousness. However, the Kingdom is one of peace, so living outside of complete peace is an indication that we’re not living the way we’re meant to as sons.

To live in rest, there’s a process involved which takes some time to master, so hearing someone describe it – other than me – would be very useful. In the video below, Mike Parsons describes for us how we live in rest, as well as the background necessary to get us to the point of achieving it.

Mike Parsons “Seat of Rest” youtu.be/6J08nUOd9wY [0:55-9:00]

Note: ‘Seat of Rest’ is a metaphor for being at rest all day, no matter what transpires in life. It’s picture language of someone sitting in a chair resting, one which we are all familiar with. We don’t need to use the term ‘Seat of Rest’, just ‘rest’.¹

Laurence
13-4-2023
(www.CanberraForerunners.org)

COPYRIGHT

*This document is **free** to copy, republish and distribute, but only ‘as is’. It is free to quote from at length.
All Canberra Forerunners’ documents are licensed under
Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License
Quotes are the copyright of their authors.*

(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – “Time To Stop Using Metaphorical Language”
canberraforerunners.org/wp-content/uploads/Time-To-Stop-Using-Metaphorical-Language.pdf