

It's Okay to Say No and Rest

Our Western society teaches us to work hard to get ahead in life. In the workplace, it also trains us to be well organised (super organised, actually) and to fit in with other people's desires. Operating like this, and being busy with our vocation and with life, is counter-productive to our sonship. Life in the Kingdom is not about any of these pressures – they're all about performance.

Back around the year 2000, while being prayed for, I was told on 3 separate occasions, by 3 different people, to “stop performing”. Performing is what I'd become accustomed to in the high school system and it had spilled over in my spiritual life. At the time, I didn't know why I was given that instruction, but after the 3rd admonition, I stopped.

A short time later, in similar circumstances, I was told 3 times to “stop striving”. I stopped when I heard it the 3rd time and I've been keeping a 'lid on it' ever since.

These two instances initiated my spiritual growth and development in the Kingdom.

You see, the Kingdom is all about rest – REST, not action. That seems contradictory to what we've been taught from the pulpit, but that's because of a misunderstanding. The solution to the confusion is demonstrated in the life of Jesus of Nazareth, our exemplar. Jesus was always at rest, even during a storm at sea. The reason for his ability to always be at rest was his oneness with Father which assured him that Father was always overseeing his life, as he listened with his spirit to what he was instructed to do, to say and where to go.

**** Kingdom activity always comes out of rest ****

Once we rest in our trust that Father has our lives in his hands, it doesn't matter what life 'throws' at us, we can relax and leave up to him to do what he has to do, while we do what we know we have to do, or he instructs us to do.

Here's Father's instructions on this matter:

“Take courage in stillness, in trust. I'm leading you down a different path, one that is fruitful and filled with peace. I honor your diligence to get things done, but I have a higher way. My way doesn't strip you of peace and joy. The demands of life are real, but if you will take a step back, you will see which ones are important from my perspective. You don't have to force each day into a pretty little package that makes everyone happy or drains you of sanity. It is okay to say no and rest. It's okay to take care of yourself. In the midst of these demands, I want you to learn to love yourself the way that I love you. Be still, dear one. Be still.”¹

The last word also comes from Father:

“Exploitation abounds, and you must distinguish between being helped or being exploited. It is a shame that people wait in the shadows to take advantage of you, but the power is yours to just say no. No is an anointed word.”²

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

1 – EXTRACT: Brian Simmons (21-3-2022) “I Hear His Whisper...” “Be still, dear one.” [distributed e-newsletter]

mailchi.mp/broadstreetpublishing/00000-618854?e=3ca23beeed OR

us10.campaign-archive.com/?u=8c3eb957a5ad87253d475a511&id=86701b952a

2 – Marsha Burns “Small Straws in the Soft Wind” (March 31, 2022) ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2022.htm]