

How can we be prepared for sonship?
What types of preparation do we need?
Who provides that preparation?
Where does that preparation take place?

Intimacy with the Father is the best preparation for sonship as you can't be a son without a father
The Father is calling His children to arise as sons and take our places where we are seated in the heavenly realms

The Joshua Generation are forerunners of a heavenly royal priesthood according to the order of Melchizedek
Also on earth we are oracles and legislators, aligning heaven and earth as gateways of heaven into the earth

In relationship, the Father gives us identity, position and authority; a mandate so that we can be fruitful, multiply, fill, subdue and rule
To fulfil our sonship mandate, we need to be at rest and therefore not striving by our own DIY self-effort according to the wrong path

For heaven to flow through us as a gateway into the earth, we need to be seated in rest, yoked to Jesus
Being joined to the Lord and one spirit with Him is so vital, as it demonstrates our trust in His provision, protection and direction for our lives

When at rest, we are seeking or pursuing, not striving
Matt 6:33 "But seek first His kingdom and His righteousness, and all these things will be added to you. 34 So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

Being at rest is ceasing to follow the DIY tree path of independence, self-effort and dead works by being positioned in God's rest within the provision of the tree of life
Being at rest enables God to trust us to operate in kingdom authority
God is our example of rest

Gen 2:2 By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

God has built the principle of rest into creation itself
Everything was living in perpetual rest in the first creation, with no time or specific days until the choice to begin DIY
Adam lived in perpetual rest until he followed his own path

The 7th day, old covenant Sabbath was the best under the law as a reminder to centre life in remembrance of God on a special day

New covenant rest is designed to be a continual, relational rest; every day living in God and God living in us.

It is now a state of being not doing

Heb 4:9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His. 11 Therefore let us be diligent to enter that rest

Pursue this relationship of grace

Matt 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light." – grace not works

Isa 9:6 For a child will be born to us, a son will be given to us; and the government will rest on His shoulders; and His name will be called Wonderful Counsellor, Mighty God, Eternal Father, Prince of Peace. 7 There will be no end to the increase of His government or of peace...

Rest is a key principle in sonship

Rest is living in love, joy and peace

Rest is living loved, loving living and living loving

Rest is living in absolute trust in God's blessing for every area of our lives

In English, the verb 'to rest' is 'to cease work or movement in order to relax, sleep, or recover strength'

Synonyms: relax, pause, slow down, unwind, stop work or activity

Rest, the noun, is an instance or period of resting, a place or state of rest

Synonyms: repose, relaxation, leisure, ease, inactivity, respite, time off, time out, breathing space

Hebrew *shabbath*: cease, desist, rest, desist from labour

Greek *anapausis*: rest, cessation from labour, refreshment, inner rest, tranquillity, recreation

Ceasing from religious works

Being 'weary and heavy laden' comes through following the DIY tree path of self-effort and religious dead works

Greek 'sabbath' = *sabbatismos*:

we enter rest through grace, not effort; through surrender, not striving

Rest is also a state of consciousness where we can access alpha, beta, theta and delta brain waves simultaneously, living in a flow of love, joy and peace

Rest is a delta wave state of consciousness that releases a flow of abundant life

John 13:34 A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.

Rest is a state of knowing that we are loved unconditionally and living being loved, not trying to be!

John 14:11 These things I have spoken to you so that My joy may be in you, and that your joy may be made full.

Rest is a state of loving living, being able to joyfully rejoice at all times, in all things trusting God

John 14:27 Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

John 20:26 So Jesus said to them again, "Peace be with you; as the Father has sent Me, I also send you."

Rest is state of living loving, at peace with everyone and everything

John 15:4 Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.

John 15:9 Just as the Father has loved Me, I have also loved you; abide in My love.

Dwell in the state of love, joy and peace

Live loved, love living and live loving: in true rest from dead works

Rest is an end to DIY religious works; to be loved and accepted

Rest is an end of striving to please God by our religious obedience

Rest is the end of trying to be obedient to external laws

Rest is the end of religious duty and obligation

Rest is the end of performance-orientated religious behaviour in order to be acceptable to God

Rest is the end of trying to be acceptable to God: you are accepted

Rest is the end of trying to earn God's favour and blessings

Rest is living in the freedom of new covenant grace, in love

Rest is freedom from the hardships and labours of the evil self-effort DIY system

Rest is being in harmony with God, self and creation

Rest is being integrated: spirit, soul and body

Rest is living in oneness and unison with God, ourselves, others and creation itself

God has continually engaged me in rest and spoken to me of rest

Son, focus on today and the living waters flowing into your spheres of authority to create the atmosphere of love, joy and peace for rest.

Your focus must be rest, so that all creation would come back into the rest of sonship.

Son, live in rest. Be at rest, content in My oracles. And legislate for rest and from rest, to bring all that you are responsible for into rest.

Establish the law of rest and legislate from rest, for rest; and live in the abundance of rest

The Law of Rest

Authorisations:

You are authorised to reveal true rest to My children

You are authorised to enter the rest of heaven whilst on the earth

You are authorised to unveil rest's true, multidimensional meaning

You are authorised to reveal the nature of My rest through love, joy and peace

You are authorised to fill your spheres of authority with the blessing of rest

You are authorised to administer a rest that is beyond, within the tree of life

You are authorised to find rest at the throne of grace

You are authorised to live, move and exist within rest

You are authorised to discover deeper rest, greater rest, higher rest and fuller rest; and reveal it to My children

You are authorised to use meditation for rest to engage those in the wilderness with new hope

You are authorised to enter a new level of rest as a new state of consciousness and be a forerunner of the state of rest

You are authorised to live loved, love living and live loving, which is rest manifested

You are authorised to bring My children out of the wilderness of works into the promised land of rest

Your jurisdiction is Creation

Results are a new era, a new epoch, a new *kainos* age of living in rest

Son, legislate for rest into the mire of the political and religious spirit that you are now aware of and bless those who are in opposition.

I desire honour and relationship, so maintain respect; even for those who are emotionally so immature and competitive.

I enter into the place of rest, seated and ceased from works of the DIY tree of self

I sit at rest, being blessed in love, joy and peace

I decree a season of rest, for the end of striving to enter in

I decree for the frequency of heaven's call for rest to go forth

I call forth rest, into the political and religious spirit battleground of jealousy and envy

I call forth deeper rest to engage the hearts and minds of God's children

I call for a higher state of rest for those still seeking earthly recognition

I call for a greater state of rest for those weary and burdened by the concerns of the world

I call for a state of fuller rest to envelop God's children in a spiritual covering of love, joy and peace

I call for those in the wilderness to follow the sound of rest that is calling them into the promised land

I call for the unveiling of rest at a new level and for a new state of consciousness to be revealed and experienced

Let the sound of rest, beginning to resonate in heaven, be released into the earth

Son, I know you are disappointed by those who you respected but don't let that cause you to leave the rest that is within Me.

Son, don't allow disillusionment to cause you to leave your rest. I am your place of rest, not others

Son, only within Me can you live loved, love living, live loving and be at rest

Son, don't become weary of doing good and so leave the rest that you are living in.

All that is around you may seem to be anything but restful; but I AM is still at work within all the chaos, to still the storm.

Peace, be still, I AM is calling all to enter Our rest and have their souls restored by lying down in green pasture by the flow of the river of life.

Son, be still, cease striving and be; and the rest of love, joy and peace will restore you to sonship

Son, to enter into a new season you must come to the place of rest in the present season, having embraced the fullness of the transformation it was designed to bring.

Administrate justice to bring rest to the outworking of judgment.

Justice calls for the Joshua Generation to arise and cross over into the promised land of heavenly rest and be the forerunners of the heavenly order of Melchizedek

Only those who have entered heavenly rest can lead the next generation into rest beyond the veil.

Son, true rest is living in the love, joy and peace of a restored face-to-face relationship of innocence

It is the end of the self-effort of religious dead works and seeking the affirmation and approval of God or men.

The restoration of rest is the beginning of the end of the old season where the birth pangs of the new are easy and light.

Rest is being yoked to Jesus as a son, in gentleness and humility of heart.

Rest is not needing to strive for the acceptance that is already given.

The rest that is entered brings a new reality where the fruit of the tree of life is always in season and the fruit of the DIY tree is withered.

Rest is living in the peace of the full provision of the Father's heart of love knowing His passion and burning desire for oneness.

Rest is living in the full, experiential knowledge of the intense joy that the Father has for all His children and the deep compassion expressed in His desire for our full health and wholeness.

Son, rest is living in the eye of the storm, not the absence of storms; and so being able to declare "Peace, be still."

Rest is living in perfect love, with the absence of fear, anxiety, worry or stress.

Rest removes stress through trust, by seeking first the kingdom of God and living in the grace of heavenly provision.

Son, expectancy for the new season is birthed from being at rest in the inadequacy of the old.

Rest will never come out of stress, strife and enmity with the old order but from the respect and honour that flows from forgiveness and blessing.

Son, rest never comes in the state of war, so be at peace with all men and with creation itself.

Creation will respond to sons who are resting in their sonship, knowing their identity and embracing their destiny.

Son, rest will pursue you and overtake you when you cease the DIY work of self-righteousness and live in the righteousness of God in Christ.

Meditation: mindfulness for rest

Focus our thinking to live in the moment of the abundant life that flows from rest

The first 3 parts of a 7 step meditation process to develop the lifestyle of sonship

Meditation for rest

Learning to relax and be in a state of rest, living in love, joy and peace

In the exercise, relax, close your eyes, slow your brain waves, slow your breathing, be mindful; focus your thinking and let the truth flow

God breathed into Adam and God continues to breathe into us

The rhythm of life is the breath of life, the name of YHVH

Breathe out YOD slowly

Breathe in HEI slowly

Breathe out VAV slowly

Breathe in HEI slowly

Close your eyes, think about and focus on your breathing

and begin to slow down to the rhythm of YOD HEI VAV HEI

Breathe in deeply the breath of God and exhale slowly YOD

Breathe in deeply HEI and exhale slowly VAV

Breathe in deeply HEI - repeat

Focus on breathing slowly

Be still and rest; listen to God's voice

Psa 46:10 Be still and know that I am God

Be still and know that I am love

Be still and know that I am joy

Be still and know that I am peace



1. First love – Living Loved

Keep breathing slowly. Now focus your thoughts on God, who is love

Think of being loved, cared for, accepted and affirmed by your loving heavenly Father.

Feel God's love, compassion and comfort for you.

Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.

Focus your thoughts on the door within you and picture it

Choose to open that door and invite the Father, Son and Spirit into your spirit to fill you with love

A river of love begins to flow; be immersed in the Spirit's love

Jesus and the Father hug you, putting their arms around you, and you start to sink deeper into love's embrace

You begin to feel cocooned safe, resting in God's arms of love.

Feel love's warmth flowing into your spirit.

Feel love flowing deeper and deeper, filling your spirit with love's very essence.

You feel filled to overflowing with love; drink in that life-giving stream, the Spirit of pure love

Choose to take Jesus' yoke on your shoulders and feel joined to Him as a son and coheir, at rest

Now choose to surrender the control of your life to the Father

Feel love like a river flow out through your spirit into your soul.

Feel that love begin to saturate your soul, filling your emotions, mind and will

Choose to surrender to love and begin to feel totally at rest

As you feel love, relax and begin to feel love flow through your body, bringing it into rest

Now feel love flow over your body; from your head, flowing down your neck and shoulders to your chest, all the way to the tip of your toes.

Now intentionally release that love like a flowing river through you creating an atmosphere of love around you

Direct the flow of love out to the different areas of your life: family, friends, neighbours, community, Ekklesia; to the world and creation

Love is flowing like a river from your innermost being, creating an atmosphere of love that overshadows your life

You are in a state of bliss, living loved

You are resting in a deep sense of being loved

2. Joy, Gratitude, Thankfulness - Loving living

Continue to relax and begin to think of someone or something you are thankful for. Release your gratitude; be thankful

Think of someone who has been kind to you or has blessed you

Be grateful you are alive

Thank God for His love, thank Jesus for dying for you etc.

Feel joy fill you and saturate you

Feel that joy filling your spirit and soul
Feel that joy flowing over your body from your head to your toes
Release your gratitude as a flow of joy from the inside out
Fill the atmosphere around you with joy

Now intentionally release that joy like a flowing river through you. Direct the flow of joy out to the different areas of your life; family, friends, neighbours, community, Ekklesia; to the world and creation

3. Peace, Forgiveness - Living Loving

Focus on Jesus' words

John 14:27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful"

Think of anyone or anything that has disturbed you, frustrated you, annoyed you, upset you, hurt you.

Now picture them and consciously choose to forgive and release them.

Visualise that person, say to them "I forgive and release you and bless you."

Hear them say, "I receive your forgiveness." Repeat if necessary.

Now think of anyone you may have hurt, upset or annoyed and ask them to forgive you and hear them say, "I forgive, release and bless you."

Feel peace filling your spirit and soul, taking you deeper into rest

Feel the peace flow slowly over your body from your head to your toes

Release peace as forgiveness like a flowing river out into the world; create an atmosphere of peace around you.

Now intentionally release that peace like a flowing river through you
Direct the flow of peace out to the different areas of your life: family, friends, neighbours, community, Ekklesia; to the world and creation.

Note: You may wish to check out a separate version of this meditation which was been added as Module 1, section 5, to the *Engaging God* resources website in November 2018.

You can also view or [download the booklet here](#).

