

CONFESSION: REST

Thank you that as I come to You, Father, You give me rest. Yes, my soul finds rest in God; my hope comes from You. Truly You are my rock and my salvation; You are my fortress; I will not be shaken. I find rest unto my soul. For your yoke is easy, and your burden is light.

I will place my faith in the Word of God, reverence His Holy Name, and enter the rest that He has provided for me. When I hear His voice, I am quick to listen and obey that daily I may experience the rest of my Father God. As I enter into His rest, I cease from my own works, as God did from His. Like God, I speak His will to situations and expect them to obey me and I rest in the truth that the Lord always causes me to triumph in every situation.

Pulling down every thought that does not line of with the Word of God, by the power and love of God, I will be anxious for nothing, but in everything by prayer and supplication with thanksgiving let my requests be made known to Him. And the peace of God, which surpasses all comprehension, will guard my heart and my mind in Christ Jesus.

Whatever is true, honorable, right, pure, lovely, whatever is of good report, if there is any excellence and if anything is worthy of praise, I will dwell/think on these things only. The things I have learned and received and heard and seen in the Word of God, I will practice, and the God of peace, who lives in me, will always be with me.

I cast every burden upon the Lord and He will sustain me; He will never allow the righteous to be shaken. I cast all anxiety on Him because He cares for me. I trust in the Lord with all my heart and lean not to my own understanding. In all my ways, I acknowledge Him and He directs my path.

I will praise the name of God with a song, and will magnify him with thanksgiving. Yes, I rejoice always, pray continually, and give thanks in all things to ensure that I foster an atmosphere of rest as I expect His lovingkindness and goodness to overtake me.

God will keep me in perfect peace as I keep my mind stayed on Him. I will trust in the Lord forever; for the Lord Jehovah is my everlasting joy, hope, strength, rest and inheritance!

(Scriptures: [Matt 11:28-30](#); [Psalm 62:5-7](#); [Hebrews 4](#); [II Corinthians 2:14](#); [Philippians 4:6-9](#); [1 Peter 5:7](#); [Psalms 55:22](#), [Proverbs 3:4-6](#); [Psalm 69:30](#); [Psalm 34:3,4](#); [Ephesians 1:3-14](#); [Romans 6:22](#), [Colossians 3](#), [Romans 10:9,10](#), [Galatians 3:13](#), [Joshua 1:8](#), [Isaiah 54:17](#), [I Corinthians 10:13](#), [Ephesians 6:10-18](#), [Luke 10:19](#), [Romans 8:31](#))