



God's Word for Today

Sonjia Hunt Ministries

Teaching Letter 11

In Quietness and Confidence

“. . . In returning [repentance] and rest you shall be saved; in quietness and confidence shall be your strength . . . But you said, No . . .” (Isaiah 30:15, 16, NKJV).

The rest and quietness God spoke to Israel about in this passage are of the soul; and the confidence is related to trust which is in the heart. All three portray an attitude toward God, though not an automatic one. In this world something will come along periodically to disturb our quiet and unsettle our confidence or trust, but we can choose returning, rest, quietness and confidence toward God.

Wasn't God good to instruct Israel (and us) in how to have strength? Like Israel, we have a choice. How strange that they said *no*. If we were to read further in Isaiah 30, we would find how they chose other solutions to their predicament—solutions that proved disastrous. They sought their safety and strength—the same things God wanted for them—but did not find them because they chose their own way.

In this passage in Isaiah, Israel responded to an onslaught of the enemy with their own solution. They reacted—a natural human reaction—run, flee. Another natural reaction could have been to fight. Jump into the battle. God's solution they rejected—maybe it sounded odd for the situation. Returning [repentance], rest, quietness, confidence [trust]!! Didn't God know they were under attack? Have you noticed how most of God's Kingdom principles are so different from what might seem right or natural from a human viewpoint?

Israel's situation was serious. Surely some action was called for. Maybe so. But God's first steps always come first. For Israel, they definitely needed to repent so they would again be in right relationship with God. That is always the first step if relationship with God or someone else is an issue. Restore relationship if possible. A person

or a nation that is out of relationship with God will not have much help from God in that condition. If we are out of relationship with another person, the flow of good things is severely limited or stopped in that relationship. If we need to repent to someone, we should do so genuinely and leave the rest to God. God will work in our behalf.

Quietness and confident trust toward God bring inner strength. God wants to develop this strength in us; however, we must choose quietness and trust. God wants to lead us “beside the still waters” (Psalm 23:2). Do we let Him? It is there He restores our soul. It also is in quietness and trust that we can hear His voice. And we *really* need to hear His voice.

God built times of rest into the very structure of our lives. The Sabbath (whether that for you is Saturday or Sunday) is a day of rest. God ceased from His labors on the Sabbath (Genesis 2:2). The Hebrew word for Sabbath means rest. In Mark 2:27, we can read Jesus' words of clarification about the Sabbath: “. . . The sabbath was made for man, and not man for the sabbath.” The Jews had made the Sabbath a burdensome thing; God had meant it to be a rest for man. By ceasing from work and resting our bodies, we place ourselves, hopefully, in a position of soul rest as well. “In returning and rest shall you be saved” means, in part, that our minds will be saved from potential destruction. When He leads me beside the still waters, He restores my mind.

God instructed Israel that the land also was to have its Sabbaths. In Leviticus 25 we can read: “The Lord said to Moses on Mount Sinai, ‘Say to the people of Israel, . . . the land shall keep a Sabbath to the Lord. Six years you shall sow your field, and six years you shall prune your vineyard, and gather in its fruits; but in the seventh

year there shall be a Sabbath of solemn rest for the land . . . ” (Leviticus 25:1-4, *RSV*). The land needed rest. Farmers know this to be good agricultural practice.

Israel violated most of God’s laws, including the one for the land’s sabbath rests. Because they turned away from God, they were conquered by their enemies and went into captivity. While they were in captivity, God said the land would then have the Sabbaths it missed because Israel had not given it rest. (See Leviticus 26:34, 35.) It appears God even calculated the length of their captivity so the land would recover *all* its Sabbaths. If rest for the land is important, don’t you think it even more important for us? The implication is to rest in the Lord. Trust in Him. The work will get done.

Jesus said, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Matthew 11:28, 29, *RSV*). I believe we can find a rest for our souls that is ongoing, regardless of what goes on around us or what we are called upon to do. We need this continual rest that Jesus gives. This Scripture indicates we can receive this rest as we learn from Him and take *His* yoke upon us.

Our teacher, Jesus, is gentle and lowly in heart. This is an important clue to receiving and finding this rest. If I am not gentle and lowly in heart, something is wrong. I may need to overcome pride by humbling myself and using Scripture to defeat it in my life. Bearing only His yoke and His burden is also instructive for us. I may need deliverance from the heavy yoke my enemy Satan has tried to place on me. I may also need to practice saying *no* to the demands of others, as Jesus sometimes did.

Peter tells us in 1 Peter 3:4 it is a “meek and quiet spirit” that is in God’s sight “very precious.” Although this passage speaks specifically to women, this could also describe such a mighty prophet as Moses. We read in Numbers 12:3: “Now the man Moses was very meek, more than all men that were on the face of the earth.” “Meek” is closely related to “gentle”—not weak.

If Satan is destroying your “quietness” and trust today—STOP HIM. Come before the Lord and quiet your mind. Tell God you choose His rest for your soul and that you will trust Him no matter what trial is coming against you. In quietness and confident trust will be your strength.

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