

Soul Rest to Hear the Holy Spirit

Our culture has become one of busyness, chaos, flurry, and a multitude of loud voices through every form of media. This can make it difficult for the Christ follower to be quiet and hear from God. Soul rest is one major tool to help resolve this problem.

Christ's last words in the Revelation stress seven times this expression "an ear to hear what the Spirit is saying." Quieting soul (mind, will, and emotion) assists us in developing an ear to hear the Holy Spirit.

A wonderful break through and measurable increase in our consistent communication with Holy Spirit will come from discovering and applying what the prophets, and the Lord Jesus Christ and his apostles, taught about rest for one's soul. It is very wise to deliberately start each day with a soul rest routine.

The prophet offers to teach the age old daily- steps (ancient path) of staying in soul-rest,

“... ask for the ancient paths, ask where
the good way is, and walk in it,
and you will find rest for your souls...” (Jeremiah 6:16 NIV)

Jesus Christ offered soul-rest to those in relational discipleship with him,

“... you will find rest for your souls.” (Matthew 11:29 NIV)

The apostle Paul mentions a consistent fellowship with Holy Spirit:

“... the fellowship of the Holy Spirit be with
you all. (2 Corinthians 13:14 NLT)

“... fellowship together in the Spirit...” (Philippians 2:1 NLT)

“The Spirit himself testifies with our spirit that we are God's children.” (Romans 8:16
NIV)

What Is Soul Rest?

Soul rest is a way of living in peace in the midst of one's daily life when it is active, hectic, and catastrophic; or inactive, boring, dull, and unexciting.

A part of soul rest includes developing the fruit of the Spirit (Galatians 5). As with all trees, good fruit comes with the help of the laborer. Jesus commanded His followers to make their trees good or bad. Spiritual fruit is developed through the habitual choices of each Christian. Peace and self-control are fruits that relate to the development of soul rest.

God's Word shows that it is the responsibility of each child of God to calm down our own demanding minds, wills, emotions, and natural appetites to stop the unnecessary demands of our bodies. This can be done through the power of the Holy Spirit, who lives in the believer.

By the practice of walking in soul rest, our human spirit can hear the still, small voice of the Holy Spirit more routinely. The Holy Spirit lives within the heart of God's child and wants to reveal the things of God regularly (2 Corinthians 1:21–22; Galatians 4:6).

To state this personally, the Spirit of truth, the Counselor living forever within me, a child of God, wants to teach me all that I need, remind me of what I need, and reveal to me things that are to come (John 14:16–17, 26; 16:13).

The Holy Spirit is trying to speak Jesus' message regularly to my own human spirit, but I must develop my spiritual ears to hear what the Holy Spirit is saying (Romans 8:16; 1 Corinthians 2:9–12; Revelation 2:7, 11, 17, 29, 3:6, 13, 22).