

Finding True Soul Rest

Thank you for taking the time to investigate a deeper understanding of *soul rest*. I hope you enjoyed the book; however, *Wisdom That Leads to Soul Rest* wasn't meant to be a step-by-step guide for how to find *soul rest* through a personal relationship with the Lord.

This article is meant to bridge that gap.

The Problem: Spiritual Death

When God created Adam and Eve, He gave them one clear command — not to eat from the tree of the knowledge of good and evil. He warned them:

"For in the day that you eat from it you will surely die." — Genesis 2:17 (NASB 1995)

But when they disobeyed and ate the fruit, they didn't drop dead physically. They continued breathing and walking — yet something inside them died. Their spirit died. That death wasn't about the body; it was about separation from God. Their relationship with Him was broken. Because of that, they were driven out of the Garden of Eden.

From that moment, all humanity inherited that same spiritual separation. The Old Testament is the story of mankind's attempts to return to God — mostly through human effort, ritual, and sacrifice. But God required more than effort; He required a perfect sacrifice for the forgiveness of sin.

The Solution: Spiritual Rebirth

One night, a Pharisee named Nicodemus came to Jesus, curious about eternal life. Jesus answered him directly:

"Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." — John 3:3 (NASB 1995)

Nicodemus didn't understand. "How can a man be born when he is old? He cannot enter a second time into his mother's womb and be born, can he?"

Jesus clarified:

"Truly, truly, I say to you, unless one is born of water and the Spirit he cannot enter into the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit." — John 3:5-6 (NASB 1995)

In other words, everyone is born once physically, but to truly live, we must be born again spiritually.

The Gospel in a Nutshell

"For all have sinned and fall short of the glory of God." — Romans 3:23 (NASB 1995)

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." — Romans 6:23 (NASB 1995)

"If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation." — Romans 10:9-10 (NASB 1995)

We can't fix spiritual death with good behavior, religion, or effort. Only Jesus — through His sacrifice — can restore what was lost.

He made it unmistakably clear:

"I am the way, and the truth, and the life; no one comes to the Father but through Me." — John 14:6 (NASB 1995)

When your spirit is reborn in Jesus, you find true *soul rest* — not just mental peace, relational balance, or physical health. It's rest that goes deeper than emotional intelligence, relationship management, or physical wellness — the areas discussed in the book. This is *soul rest* at the spirit level — a restored connection with God Himself.

The Promise of Eternal Rest

This *soul rest* we experience now — through faith in Jesus — is only a glimpse of what's to come. Scripture tells us there remains an eternal Sabbath for those who belong to God.

"Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. For we who have believed enter that rest, just as He has said, 'As I swore in My wrath, they shall not enter My rest,' although His works were finished from the foundation of the world... So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest." — Hebrews 4:1-11 (NASB 1995)

When your spirit is reborn in Jesus, you begin that journey now — but one day, you'll experience complete, eternal *soul rest* with Him in heaven. That's the ultimate sabbatical: resting forever in God's presence.

How to Take the Step

If you're ready to begin that relationship — not religion, but true restoration — you can take this step right now through prayer.

Prayer for Salvation

Lord Jesus, I know that I have sinned and that my sin separates me from You.

I believe that You died on the cross to pay for my sins and rose from the dead to give me new life.

Today, I turn from my old ways and ask You to forgive me.

Come into my heart, make me new, and be my Lord and Savior.

I place my faith in You alone for my salvation.

Thank You for saving me and for giving me eternal life.

In Jesus' name, amen.

When you pray that sincerely, your spirit is reborn. You've crossed from death to life — from separation to connection.

That is where *soul rest* with the Lord begins.