

Faith-Rest Drill: Recall

📖 Hebrews 11:22; Genesis 50:25

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Last time we started a short series called the Faith-Rest Drill. The Faith-Rest Drill, sometimes called the Faith-Rest Life, is simply a way of unpacking what is involved in walking by faith. It's not an abstract idea imported into the Scriptures. What it's designed to do is take the Scriptural concept that believers are to walk by faith and break it down into component parts so we see what is going on in our soul. The drill has been taught by a number of pastor-teachers, so it's not original with me. We've broken it down into four steps. Let's review these steps, see how Joseph's circumstances can be broken down into these four steps and then start to develop the first step, recall.

Turn to 2 Cor 1:8. Behind the Faith-Rest Drill is the fact that we are going to face problems in life. The issue is how are we going to handle those problems? Our flesh tells us that we can face

them ourselves, that we can handle them. Our flesh tells us that God has not given us more than we can handle. How many times have I heard that? I can't tell you the number of times that believers have told me that God will not give us more than we can handle. The Scriptures don't teach that. They're usually talking about that passage in 1 Cor 10:13 that says "God will not allow you to be tempted beyond what you are able...but will provide the way of escape also, so that you will be able to endure it." That Scripture is not saying God won't give you more than you can handle. That Scripture is saying God won't allow you to be cornered by a temptation, that He will always provide a way of escape in a time of temptation. When it comes to the difficulties of life God will sometimes give us more than we can handle. Here's a case in point, 2 Cor 1:8, "affliction came to us in Asia...beyond our strength, so that we despaired even of life." You see that? Paul wanted to die! There was no way he could handle it. Verse 9, "indeed, we had the sentence of death within ourselves." They were condemned to death. But why did God allow this? "So that we would not trust in ourselves, but in God who raises the dead." You see what's happening? God put Paul and his co-workers in a situation that was so difficult they had no other choice than to do what? Trust, walk by faith. That was the whole purpose. The reason God has to do this to us is because we think we can handle our problems, we think we can trust in ourselves. That is what the world keeps telling us all the time; believe in yourself, believe that you can do it. That's a lot of hot air and baloney talk. You can't do it, it takes the "God who raises the dead" to do it.

But getting to the point where we can trust Him, which is the third step in the Faith-Rest Drill, takes some working at. Let's review the drill. You have some problem, some difficulty, some nitwit, probably yourself. What's the first thing you do? RECALL something from Scripture; an event, a biblical person, a promise, or some verse. This is to get your focus on the Lord so you can calm down, lower your blood pressure. You've got to be looking at the Lord, not at the situation, the Lord, not your previous experience, the Lord, not your phone, the Lord. And the way to do that is to think about something in the Scripture, something you've learned, some verse, some person, some event, something and hold on to it because "faith comes by hearing, and hearing by the Word of God." Obviously to do this you have to know some Scripture and so you grab what you know and hold on to that for dear life. That's the first step; RECALL.

What's the second thing you do? CONNECT your situation with what you have recalled. Usually this comes in the form of some promise like "All things work together for good for those who love God, to those who are called according to His purpose" because this is one of the all-encompassing verses. Another one is "Cast your cares on Him for He cares for you." These verses can cut your problem down to size. One of the things that happens in our minds is the problems seem so large. They seem insurmountable. And they seem to crush us. So remembering some of these verses cuts those problems down to size because it puts them inside a frame of reference we can work with. That frame of reference is the plan of God. They are happening within the plan of God. They are not greater than the plan of God. And if they are within the plan of God then are they taking God by surprise? Of course not. Are they bigger than He can handle? Of course not. So you want to CONNECT. But this step often has two sides involved, because if you evaluate what's happening in your soul at this point there's a tension. Your being told one thing from the world, the flesh and the devil, what we might just call paganism or human view point, and another thing from the word of God, what we might call divine view point. So your volition is involved here. You have to make a choice. One side is paganism. It's saying this is how you solve your problem; you go get drunk, you go pig out, you go spend money on yourself, you drown yourself in music, these are all escapisms. They are ways of forgetting the problem, they don't solve the problem, they are gimmicks. You have to demolish these as viable solutions in your mind's eye. The reason you have to demolish them is because right now you're convinced they work. That's why you keep doing them. Or maybe you're a little farther down the road and you know they don't work but they make you feel good anyway and so you keep turning to them. If you're in that boat you're not convinced that there is a solution. You don't think they can be handled or you have given up trying to find a solution. So you're just doing it to get temporary relief and put off the inevitable, a major collision. The other side is divine view point. This is saying there is a solution to your problem, it's found in the word of God, and it's an absolute solution. You have to be confident in divine view point. You have to be convinced that the word of God has the solution, that it alone has the solution. The only way to get to that point is to hear it, hear it, hear it because that's the way faith comes, by hearing. It doesn't come by talking, it doesn't come from experience, it comes from listening. That's why you've got to be in the Word daily. Because I guarantee you the world is in your ear daily. And it's a war between the world and the word of God. And the one

you listen to the most is the one that is winning. So at this point you are wanting to connect your situation to something you have recalled, and part of that is demolishing the pagan gimmicks as viable solutions and building confidence in divine view point as the solution.

What's the third thing you do? TRUST. That is, you appropriate the solution by faith. Think about all that went in to get to this point. It's not easy to trust. You can't just work it up. You've got to be able to recall the Scripture, then be convinced that it is true. Then comes faith. Faith is being convinced or persuaded of something. If you aren't convinced you simply cannot trust. When you are convinced you are trusting and that is where you want to be.

What's the fourth thing? This is the result. REST. This is why we call it Faith-Rest. When you're operating by faith God gives you rest because you've stopped trusting in yourself and you've started trusting Him. And you just keep at it day-in and day-out until the situation is solved. But at least the situation is immediately solved in the sense that you have a relaxed mental attitude. Everyone else in the room can be falling apart but you can have it all together because God is holding you together. So there are your four steps again; RECALL, CONNECT, TRUST and REST.

Then we showed that these four steps are basically what Joseph went through when he had a tough decision to make. In Hebrews 11:22, the hall of faith, there is this one obscure verse about Joseph. Of all the things in Joseph's life that you think might have been pulled out to mention, the author pulled out this gem, "By faith Joseph, when he was dying, made mention of the exodus of the sons of Israel, and gave orders concerning his bones." His bones? Really. Yeah, burial in Egypt and what was done with the bones was a huge issue. The Egyptians had an infatuation with the afterlife. They built massive pyramidal tombs, they mummified everything from Wheaties to the cat. They stuffed it all in the tomb. Why did they do that? They were trying to freeze their civilization. They had a belief that all was static; that civilization had plateaued and there was nowhere to go. So just freeze it, mummify it right there in the tomb so that Joe can have his Wheaties and his cat. They detested other peoples. They detested those Asiatics. Those Jews, a shepherding people. They wouldn't even eat with them. They certainly didn't want to be buried with them. And yet, here's Joseph, he's dying, and he gives orders concerning his bones. What were those orders? We looked at them in Gen 50:25. When you guys go out, take my bones out of Egypt. I don't want my bones left in Egypt. I want my bones taken out of Egypt and reinterred in Israel. Why? Because what Scripture had Joseph recalled? The Abrahamic Covenant. And what does the Abrahamic Covenant say? It says there's something greater than Egypt, that civilization had not reached a plateau with Egypt, that God's kingdom is going to be far greater than Egypt and centered not in Egypt, but in Israel, the Promised Land. So the plan of God is to move out of Egypt to something greater, the Promised Land! Joseph recalled Scripture. The second thing he did was connect this Scripture to his situation. He was dying. He had to make some burial preparations. He was in a place of great power, second only to Pharaoh himself. He was very influential. He had to think about the ripples this would make in the administration. He must have been

tempted to go along with the status quo and just get buried and remain in Egypt. But that would confirm the Egyptians in their unbelief. So he said I want out. Get my bones out. You say, bones aren't that important, where the bones are buried isn't important. No, not for resurrection, but it was important for Joseph's testimony to all his buddies in the government. He was telling them that there was something greater than Egypt. Something greater than Egyptian architecture. Something greater than Egyptian engineering. Something greater than Egyptian science. That something greater was the kingdom of God to be established in Israel. It's fascinating what moved him to make this decision. It says he remembered the Exodus. Joseph hadn't lived through the Exodus. The Exodus was still future. So, in step two he was convinced of the word of God regarding the future Exodus, so convinced that now in step three he acts on it by trusting the Lord. His ordering the bones to be moved is an act of faith. It took a while to get there. You can see the struggle he had with explaining what to do with his father Jacob's bones, but when it came right down to it Joseph was convinced and he trusted the promises of God against the grain of Egyptian culture. And this is Joseph's testimony. This is what he is remembered for in the hall of faith, a seemingly little event at the end of his life about the location of his bones. So, don't ever trivialize because it may turn out to be magnanimous. All these men and women in this chapter utilized the Faith-Rest Drill as we are explaining it. And you can too, you can be added along with them in this hall of faith, because it's not complete apart from us.

Let's spend the rest of our time digging into the first step of the Faith-Rest Drill. What's the first step? RECALL. You have to memorize these four steps or you will never do this in the day-to-day. So recall. What do you have to do in order to recall? You have to train. That's why we went through the example of the men in the Air National Guard when they went on the rescue mission in the North Atlantic. The whole thing started to go south. They were running out of fuel. They had to ditch the copter. You want to talk about a high stress situation! They were about to jump out of a helicopter that was going to crash somewhere near them. It's pitch black with no land in sight for hundreds of miles, the winds are 70-75 miles an hour and the seas are 80 feet! And remember what Lt. Col. Bushor said, "Once I hit the water the first thing that entered my mind was to consolidate my survival gear and number two to look for survivors." Why are those the first things that entered Lt. Col. Bushor's mind? Because that was his training. The only reason that man survived was because of his training. He said, "In the military you train to the point that it gets boring and monotonous but what's amazing is that when you get into a stressful situation you respond the way you were trained." That's what we're after here; that mentality toward training. I'm not here teaching Bible doctrine week in week out so you can sleep. I'm not here teaching verse-by-verse, beating my brains out so you can take a few notes that you ditch Monday morning. I'm doing it because this is the manual for life. And if you don't know it you'll fail.

The Scriptures admonish us to be in training. Let's look at two passages; one from the OT and one from the NT. NT first, turn to 1 Tim 4:6-7. We said that the military and athletics have this one thing in common; training, training, training. Well, the Christian life has this in common with them too. That's why the Scriptural authors so often use metaphors from the military and athletics. You have got to train, train, train just like an Olympic

athlete. Here in 1 Tim 4 Paul is instructing Timothy with athletic language; the language of diet and exercise, necessary components of the training regimen of an athlete. Verse 6, **In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished.** The word nourishment refers to daily intake. Athletes, to perform to their maximal ability, must be eating the right kind of food every day during training. In the same way believers, to perform on a high spiritual plane, must be nourished on what? **The words of the faith.** The **faith** is the objective faith, what we believe, the historical events of Scripture and the doctrines we believe, the system of truth that is contained in the word of God. We need constant nourishment, not just nourishment, constant nourishment. It's not a once a week thing. If you're only in the word once a week you are malnourished, see? Have you ever seen an athlete that was malnourished? They didn't perform well. And if you are malnourished on the doctrines of the faith you will not perform well either. You simply cannot function on a high spiritual plane without good spiritual nourishment, in a consistent manner, day after day. He goes on to say **and of the sound doctrine which you have been following.** The word **sound** is "good," it's the same word used earlier in the verse, "good servant." Being a "good servant" is connected to being in "good doctrine." You need good doctrine to be a good servant. You can't skip the good doctrine part. And yet most of the Christian world is full of bad doctrine, foolish doctrine, myths and lies. That's why we study sound doctrine here. Week in week out it's nothing but sound doctrine. So verse 6 is Paul telling Timothy to be a good minister by constantly providing good nourishment and sound doctrine to the believers under his responsibility so they can perform well under pressure. Why? Because the believer needs constant nourishment in the word of God. It's necessary to good spiritual health. Verse 7, by contrast says, **But have nothing to do with worldly fables fit only for old women.** This would obviously mean stay away from bad doctrine. Things that might perk the interest but are nothing more than worldly fables, myths, lies, deceit. Lies the world tells you because they want you to buy their product. Lies they tell you to make you feel bad about yourself. Lies they tell you to catch you in their snare so that you and them together can go sink in the swamp of this world. You don't want to have anything to do with that. That means put it away, turn it off, get away. That stuff will infect you. You think you can stand up to it. You think it will have no effect. But it is having an effect. It is destroying your spiritual life. Instead, in verse 7, and here's another athletic word, **discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.** That word **discipline yourself** uses the reflexive pronoun, **yourself** with the Greek verb *γυμναζω* from which we get gymnasium. The gymnasium is where you do what? Where you "train." And that is what this word means, "train." "Train yourself for the purpose of godliness." The reflexive pronoun means you are responsible to do this yourself. You are responsible to train yourself. A lot of these athletes are pretty much on their own. They have to discipline themselves to get up every morning at 6am and hit the bags, hit the streets, hit the weights, whatever the training regiment is. That doesn't come easy, you have to want it, you have to be committed, you have to refuse to give up, you have to hit the gym whether you feel like it or not. Now transfer that idea over to the training yourself in the word of God. That's what it has to be like. You are responsible to train yourself. And you have to want it. Now you can listen to good doctrinal teachers, I mean really good ones

and we can name them on one hand so you don't have many options there. But this is your responsibility, not mine. Mine is to teach you sound doctrine and I have the responsibility to train myself. But you have the responsibility to train yourself. It's on you, just like it's on each individual athlete out there. And you have to discipline yourself to get up every day and hit the word of God, hit the verses, hit the prayer, that's the training regiment, and put it into practice every day. I know that doesn't come easy, you have to want it, you have to be committed, you have to refuse to give up, you have to make the time, whether you feel like it or not. Jesus doesn't care whether you feel like it any more than a coach cares whether his players feel like training. This is the deal. And what are you training for? Paul says, **For the purpose of godliness.** Now what that means is "for giving awesome respect to God." In other words, in your daily life you are not performing for me, you are not performing for your spouse, you are not performing for your children or grandchildren, you are not performing for your co-workers, your boss, your neighbor or the police officer. You are performing for God. And the way you are to perform is in such a way that it gives awesome respect to God. Not just respect, awesome respect, that is what the word means. You want to perform awesomely so that you are giving awesome respect to the one true God and that becomes your testimony to the world. Now how are you going to do that if you are not training yourself spiritually? That's like expecting an athlete to perform awesomely when they've been sitting on the couch eating popcorn and watching movies for the last six months. It ain't gonna happen. So much for the NT.

Now one example from the OT, turn to Joshua 1. Joshua 1 is when the reins were transferred from Moses to Joshua. Moses and his generation had wandered in the wilderness for forty years. Now Joshua was to lead the next generation into the land to have conquest. The whole notion of conquest of the land presupposes enemies in the land. In verse 3, "Every place on which the sole of your foot treads, I have given it to you, just as I spoke to Moses. ⁴"From the wilderness and this Lebanon, even as far as the great river, the river Euphrates, all the land of the Hittites, and as far as the Great Sea toward the setting of the sun will be your territory. ⁵"No man will *be able* to stand before you all the days of your life. Just as I have been with Moses, I will be with you; I will not fail you or forsake you. ⁶"Be strong and courageous, for you shall give this people possession of the land which I swore to their fathers to give them." That's what God's going to do. He's going to defeat their enemies and give them rest. Verse 7 is what Joshua and the people are to do. God is not going to just give victory to them. It's conditioned. Verse 7, "Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go." Well, how are they ever going to do according to all the law of Moses? Verse 8, "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success." The only way to have success is to keep talking about the latest football game, the weather and politics, right? No, the law, the word of God. "This book of the law shall not depart from your mouth." You talk about it in the home, when you get up, when you lie down, what is the word of God saying, you encourage one another with the word of God, it's the standard, it should rule the home, your whole life, if it's not being talked about what is the

standard? The world, the flesh and the devil. And notice, **you shall meditate on it**. When? Sunday morning? I'm sure that's what it says. No, **day and night**. Every day, every night, it's idiomatic for all the time. People say, you're putting too high a standard on us. That's just too much. But I didn't write this stuff. God wrote this stuff. You go take it up with Him. **meditate day and night**. **Meditate** means play it in your mind. That's what Joseph did. He took the truth of the Abrahamic Covenant and he went over it and over it and over it until he could remember things that hadn't even happened yet. That's the only way. It has to become that real for you. And the results, **then you will make your way prosperous...then you will have success**. That means then they will actually take the land. So the key is not to be training for battle with swords and shields and horses, that's not the program. The program is to be training in the word of God, because the victories are not going to come by swords and shields and horses, but by the power of God. And we are fighting spiritual battles every day as well. We have spiritual enemies, the world, the flesh, the devil, and what do we fight with? The word of God, it's the sword, the only offensive weapon in Eph 6. But how are we going to fight with it if we are not trained to use it? No way. You have got to be serious about training if you are ever going to get to step one; RECALL. There are two examples commanding it, one from the NT and one from the OT.

Now for some examples. Every great saint in Scripture trained themselves in the word of God. We have evidence of this and we want to look at some of the evidence and model our lives after them. The man we want to look at is Joshua. Turn to Josh 24. We just want to skim through some of this. In verse 1 **Joshua gathered all the tribes of Israel**...He called a meeting of all twelve tribes. He had a purpose. He was a great leader. In verse 2 he said, **Thus says the LORD, the God of Israel, 'From ancient times your fathers lived beyond the River, namely, Terah, the father of Abraham and the father of Nahor, and they served other gods**. He's giving us some history here. Joshua knew his history. He had thought about his history. Verse 3, **Then I took your father Abraham from beyond the River**. What event did Joshua know? The Call of Abraham. God took Abraham out of that place of idolatry. **And led him through all the land of Canaan, and multiplied his descendants and gave him Isaac**. Basic stuff, you say, but it's God's work. It's what God did for Abraham. It shows what? That God has a plan for history and Abraham is part of that plan so God has a plan for Abraham and he's our history. Verse 4, **To Isaac I gave Jacob and Esau, and to Esau I gave Mount Seir to possess it; but Jacob and his sons went down to Egypt**. So he's covered the Book of Genesis. Joshua studied Genesis and knew Genesis. Verse 5, **Then I sent Moses and Aaron, and I plagued Egypt by what I did in its midst; and afterward I brought you out**. Joshua knew all this. Who is the focus of Joshua's thinking? God. It's what God did for them. What did He do for them? He gave them Moses and Aaron and sent plagues on Egypt and brought them out. What event? The Exodus. So Joshua studied and knew the Book of Exodus. I'm sure he could tell you all kinds of details. Here he's looking at the big picture. Verse 6, **I brought your fathers out of Egypt, and you came to the sea; and Egypt pursued your fathers with chariots and horsemen to the Red Sea. 'But when they cried out to the Lord, He put darkness between you and the Egyptians, and brought the sea upon them and covered them; and your own eyes saw what I did in Egypt**. It's all what God did for them. It's to get their focus on who? God.

Who's greater than all your problems? God. **And you lived in the wilderness for a long time.** This is recounting the forty years in the wilderness. Verse 8, **Then I brought you into the land of the Amorites who lived beyond the Jordan, and they fought with you; and I gave them into your hand, and you took possession of their land when I destroyed them before you.** ⁹**Then Balak the son of Zippor, king of Moab, arose and fought against Israel, and he sent and summoned Balaam the son of Beor to curse you.** ¹⁰**But I was not willing to listen to Balaam. So he had to bless you, and I delivered you from his hand.** Why is he mentioning these guys? To show that God is on their side. To show how even the bad guys are in the plan of God. But God is for them. It's all in the Book of Numbers. Joshua studied and knew what? Numbers. Verse 11, **'You crossed the Jordan and came to Jericho; and the citizens of Jericho fought against you, and the Amorite and the Perizzite and the Canaanite and the Hittite and the Girgashite, the Hivite and the Jebusite. Thus I gave them into your hand.** ¹²**Then I sent the hornet before you and it drove out the two kings of the Amorites from before you, but not by your sword or your bow.'** Who was doing all the fighting for them? God was. Who is doing your fighting for you? Day in day out who is fighting? Are you doing the fighting. Because that's the flesh. And we know that won't work. What will work? Walking by faith. He's reminding them of how they walked by faith around the walls of Jericho, once a day for six days, seven times on the seventh day, then God took those walls down. Why is he reminding them of that? Because they tend to forget. We all tend to forget. We get so caught up in other stuff we forget what God has done for us. That's why we need to train, train, train, so we don't forget. Verse 13, **I gave you a land on which you had not labored, and cities which you had not built, and you have lived in them; you are eating of vineyards and olive groves which you did not plant.** Who gave all the blessing? God gave all the blessing. They hadn't worked for all those things. They could get it in their head, "Look what we have done." No, no, no. God had done all those things. We tend to do the same thing too. We like to take credit for the good. No, no, no. God is the one who gives the blessing.

And why is Joshua going through all this historical recitation? RECALL. Step one in the Faith-Rest Drill. The tribes of Israel need to recall the things God had done for them. Why? Because they had a choice before them. Here they were now, in the land and to stay in the land they have to obey. In verse 14 he gives them a command, **Now, therefore, fear the Lord and serve Him in sincerity and truth; and put away the gods which your fathers served beyond the River and in Egypt, and serve the Lord.** Since they have volition, they don't have to fear and serve the Lord, they have a choice. In verse 15 Joshua gives them a choice, **If it is disagreeable in your sight to serve the Lord, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living.** He gave them a choice, but notice that he did not give them a choice before he reminded them of their history and what God had done for them. That's what we're faced with every day of our lives. We get up and we have a choice to make, who are we going to serve? And we need to be reminded of what God has done for us if we are going to make the right choice. That means sticking your nose in this book and seeing what He has done for you. He has justified you, clothed you in the very righteousness of Christ, He has reconciled you, made you no

longer an enemy of God but an ally, He has adopted you into His family so that you are His child, He has baptized you into the body of Christ, He has done these and many other things for you. Now who do you choose to serve today? And Joshua was a good leader, so he made it very clear, **as for me and my house, we will serve the Lord.** He led the way. He said, you guys do what you want, but this is what I'm going to do. I'm going to serve the Lord. I'm not going to twist your arm. I'm not going to force you to. But I am going to remind you what God has done for you and remind you that you have a choice every day which way you're going to go. And all the people answered in verse 16, **Far be it from us that we should forsake the Lord to serve other gods.** Why? **For the Lord our God is He who brought us and our fathers out of the land of Egypt** and so forth and so on, they recite their history. They're recalling. Their repeating the great things God has done for them. What is that going to do for them? It's going to help them in step two, connecting their historical situation to the plan of God. You have got to have that connection. You have got to see that God has a plan for you. You have got to see that the stress your facing is part of that plan. If you don't you're going to fall apart. You have to see your issue in light of the bigger picture if you are ever going to walk by faith. And what was the end result of Joshua bringing this to their minds? Verse 31, **Israel served the Lord all the days of Joshua and all the days of the elders who survived Joshua.** They Faith-Rested for a century. That's what Scripture will do for you when you lodge it away and keep at it day after day after day.

The important thing to see is Joshua trained in the word of God. He went over it and over it and over it. He wanted it. He knew he and his people needed it. He knew it was for survival. He knew you can't live without it. He knew there is no way to ever get to living by faith if you don't know the word of God. So, the key today is to see that in the Faith-Rest Drill, step one is RECALL and to recall you have got to train in the word of God. And the more you know the more you have to draw from. It gets back to being like an athlete, 1 Tim 4:6, 7. You have to train, train, train. Because there is no way an athlete can be competitive if he is lazy. And for us there is just no way we are going to walk by faith unless we have trained in sound doctrine day after day after day to the point the word of God is monotonous and we are bored. That's just part of it. So deal with it. Next time we'll talk about Connect and the rationale that goes on in our minds, our thinking, once we have recalled some Scripture, what are we doing with it.