

WHOLE WHEAT

The truth is simple...just simply not known.

A PUBLICATION FOR BIBLICAL UNDERSTANDING

The Spiritual Sabbath Rest

In Hebrews 4:10 a “rest” is mentioned. In order to enter that rest you have to know God’s Ways and be obedient (Heb. 3:10). It is impossible to know God unless you know His Ways. It is impossible to please God or find favor in His sight, without keeping His Ways. These Ways are not the Ten Commandments or the Law that was given to Moses.

Exodus chapters 19 and 20 record the Law given to Moses, but God’s Ways were not told to the people of Israel at that time because God loathed that generation. They were disobedient from the heart and did not know God’s Ways, so God would not allow them to enter His rest (Psalm 95:10-11).

Moses asked God to let him know God’s Ways so he could know God. Moses was faithful in all his house as a servant, so God made His Ways known to Moses (Heb. 3:2-5). But He only revealed His acts to the sons of Israel (Psalm 103:7).

The “rest” mentioned in Hebrews 4:10 is not a physical rest, but a spiritual one. We can prove this by looking at ancient Israel. Ancient Israel always kept the physical Sabbath rest on the seventh day of the week, which was Saturday. Had they not kept the physical rest, they would have been stoned, for that was the law in Israel. The Israelites kept the physical Sabbath, yet God

accused them of not entering the rest (Heb. 3:19; 4:6).

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The Spiritual Sabbath Rest

Like the ancient Israelites, the majority of those who keep a physical Sabbath rest today, do not rest from all their works of the flesh on that day. Neither do they live to the Spirit during the week and put to death the deeds of the flesh, as true disciples are commanded (Rom. 8:13). They are worshiping God in vain because their doctrines are what man has dreamed up (Mark 7:7).

'We must believe to enter that spiritual rest and to believe, we must obey.'

We must believe to enter that spiritual rest and to believe, we must obey (Heb. 4:3; John 3:36). To obey it, we must live it or our belief is dead (John 11:26). When we cease living to the flesh by living to the Spirit and rest from all our works or deeds of the flesh, we cease practicing the deeds mentioned in Galatians 5:19-21.

True believers have crucified the flesh with its passions and desires and only display the fruits of righteousness (Gal. 5:22-24). They know that when they walk only by the Spirit, they will not carry out the desires of the flesh (Gal. 5:16). They allow God to crush Satan's nature in them and put it under their control (Rom. 16:20). Sure, they will be tested by the Lord for a little while and undergo certain fiery trials (1 Peter 4:12; 5:10). But they realize that every true disciple is salted by fire and that God disciplines and tests every son whom He accepts (Mark 9:49; Heb. 12:6).

Jesus said in Luke 6:9, "Is it unlawful on the Sabbath to do good, or to do harm; to save a life, or to destroy it?" It was lawful according to the Law given to Moses to do good on the Sabbath. How about if you did good all the time? Would you save a life? Would it be your own life you are saving? Is that true repentance?

'If you do good all the time to please God, you will enter God's rest.'

If you do good all the time to please God, you will enter God's rest. This is how you rest from all the works of the flesh and live to the Spirit.

'If you are not trying to please God full-time, what are you doing with your spare time?'

Was Jesus a part-time do-gooder for God or a full-time do-gooder? Jesus did good all the time and we are to walk as He walked (1 John 2:6). If you are not trying to please God full-time, what are you doing with your spare time? Are you indulging in the desires of the flesh? Would that be serving two masters? Would that make you a part-time friend of the world and a lukewarm believer (James 4:4; Rev. 3:16)?

We can see, then, that Israel kept a physical Sabbath in the letter of the Law. Because they were not allowed to know God's Ways, they could not enter the spiritual rest by resting from all their evil works of the flesh. They never knew what living to the Spirit was all about. Few entered that rest!

'...if you are not entering the spiritual rest by resting from all your works of the flesh, you are worshiping God in vain.'

This is not saying that you are forbidden to keep a physical Sabbath, but if you are not entering the spiritual rest by resting from all your works of the flesh, you are worshiping God in vain. It's in the book! □

O v e r i n d u l g e n c e

There are many forms of overindulgence. It can be with alcohol, food, sports, exercise, sex, money, or even thinking too much. It can occur in a variety of different ways, with a variety of different things (Gal. 5:19-21). It is anything that is out of balance or not done in moderation.

When we were in the flesh, we were all ignorant of God and His righteous Ways that He desired us to live. As a result, we were living in the flesh to please the flesh, whether it was eating, drinking or thinking. It was whatever we made excuse for in our lives, that was out of balance. These things can become idols, and we don't even realize it. Idolatry is simply excessive attachment or devotion to anything in our lives. When we are in the flesh, we have no reason strong enough for us to want to practice self-control, have balance or moderation in our lives (Rom. 8:5,13).

Then we discovered the truth, when God revealed His word to us through His Holy Spirit. It was revealed to us that we should practice godliness daily by living for God, who is the Spirit. It was revealed to us that we should discipline ourselves for the purpose of godliness daily, if we were to be pleasing to God and thus be blessed by Him (Rom. 8:9). God and His Ways are to be first in our lives now, above all else.

If we, then, would stop living to the flesh and indulging in the flesh with all its corrupt desires, and only live for God or the Spirit, He would give us His Spirit of power so that nothing could stand in our way. We would be putting to death all those areas in our lives that are in excess. Sin would no longer have dominion over our bodies because of God's indwelling Spirit, which He gives only to those who are trying to obey Him (Col. 3:5). We would then come out of condemnation because we would be on the path of peace, recovery, reconciliation and self-control (Rom. 3:17; Gal. 5:22-23).

When we start living for the Spirit, we begin disciplining our minds for the purpose of godliness. We start to make all our ways God Ways as we overcome evil by doing good (Rom. 12:21). What

we think about and what we dwell on is what becomes our reality. So if we train ourselves to think on what is good and right, it will help us to do what is good and right and be transformed by the renewing of our mind (Rom. 12:2).

Wouldn't it be something if God blessed a person with every good thing and he died of being overweight, because he refused to tell himself "NO" in that area of his life? Ask God to help you shed a few pounds, and He will do it (Mark 10:27). If you try, God will supply. Continually do what you can, and then God can come in to give you what you are lacking. This goes for anything you are struggling with, or having a hard time overcoming in your life.

Learn to fast for God to receive more strength. It is truly a meaningful way to humble yourself before God and ask for His help (Matt. 6:16; Is. 58:5-6). God has chosen fasting to break every yoke, every sin, every bad habit that is holding us in bondage. It is a spiritual resource He has given us in His Word, to draw close to Him, especially in times of need.

We were called when we were sinners (Mark 2:17). Living the repentant Way, we can easily overcome everything that exalts itself against Jesus Christ our Savior, our Redeemer, our sustainer, our everything! With His Spirit we can overcome the world like Jesus gave us example to do (John 16:33). Then we won't be hurt in the second death or have our names erased from the book of life (Rev. 2:11; 3:5).

If we endure to the end, keeping Jesus Christ's works, we will rule the nations of this earth with Him when He returns (Rev. 2:26-27). **Jesus wants us to overcome the same Way He overcame—by keeping His works.** He even said many of us would do greater works than He did (John 14:12). These are the works that God the Father gave His Son to do on this earth so He could be our example. Jesus' sayings are God's Will. That is why we are to keep them if we are to never die (John 8:51).□

Discipline



Living for God is a discipline. That is why people who follow Jesus Christ are called His disciples.

Discipline is repentance. The Apostle Paul practiced discipline to demonstrate his repentance. He did not want to disqualify himself from being a preacher of righteousness (1 Cor. 9:27).

Paul also told Timothy to discipline himself for the purpose of godliness (1 Tim. 4:7). He instructed Timothy to teach people the doctrine that conforms one to godliness because knowledge of the truth is in accordance with godliness (1 Tim. 6:3-4; Titus 1:1).

‘In all areas of our lives, we are to be an example of good works for the glory of God.’

We deny Jesus Christ if we remain worthless for good deeds, because we are still living detestable and disobedient lives if we are not doing good deeds (Titus 1:16). No, we are not saved by these deeds of righteousness. Salvation is a gift from God that cannot be earned. But the deeds of righteousness are done for repentance on a daily basis. The Apostle Paul told his ministers to constantly remind, provoke and stimulate those who said they believe in God to be careful to engage in good works (Titus 3:8; Heb. 10:24). In all areas of our lives, we are to be an example of good works for the glory of God (Titus 2:7; Matt. 5:16). Otherwise, our lights are not shining.

Even if a disciple is lukewarm for good deeds,

he or she is displeasing to the Lord. The Lord is zealous in doing good and He wants us to be like Him (Rev. 3:15; Titus 2:14). There is no such thing as a part-time disciple. The Apostle Paul said clearly, that he was ready to punish all disobedience (2 Cor. 10:6). Paul could have ordered followers of Jesus Christ to do what is proper, yet, for the sake of love, he appealed to them to be doers of good for God (Philemon 8-9).

‘The Bible is full of proof that when we do something good to someone in need, we are overcoming the selfish tendencies in our lives.’

The whole New Testament message is to provoke true disciples to do something, and not continue to be hearers of the word who remain deluded (James 1:22-25). Faith without works is useless (James 2:20, 26). The Bible is full of proof that when we do something good to someone in need, we are overcoming the selfish tendencies in our lives. Therefore, in this way, we are disciplining ourselves for the purpose of godliness, thus, proving that we are disciples of Jesus Christ (John 15:8). This does not come naturally. Most people are not seeking God by doing good daily to please Him (Rom. 3:10-12; 2:7; 1 John 3:22). They are not overcoming their evil natures by keeping Jesus’ works daily, which He came to show us how to do (Rev. 2:26).

The gospel of “doing good naturally,” denies a disciplined life of repentance by doing good works. It denies discipline and it denies Jesus Christ, as we have seen in Titus 1:16.

‘Let us all continue to study God’s word diligently so we can be disciplined...’

Let us all continue to study God’s word diligently so we can be disciplined and trained in righteousness for every good work (2 Tim. 3:16-17).□

How to Know You are Complete

Disciples of Jesus Christ of the past were striving for completeness, by striving to enter the narrow door that Jesus Christ said few would enter. In order to do this, they were constantly disciplining themselves in order to be like God (1 Tim. 4:7). They were daily imitating God (Eph. 5:1). They were being careful to engage in good works for God (Titus 3:8) and Christ (Eph. 2:10), were constantly being told not to get weary in doing good (2 Thess. 3:13). They knew that in due time, God's time, they would reap blessings and completeness of character if they did not grow weary (Gal. 6:9).

'Followers of Jesus Christ were crucifying their natures, their evil passions and desires.'

Followers of Jesus Christ were crucifying their natures, their evil passions and desires (Gal. 5:24). They were glorifying God in their bodies by living each day for Him, perfecting their faith (1 Cor. 6:20). Each of them will receive a reward from God according to their own labor (1 Cor. 3:8).

Paul compared the life of overcoming to sports. He said it is exercising self-control in all things, forcing the body to do what pleases God (1 Cor. 9:24-27). It is doing the Will of God from the heart by becoming a slave to righteousness (Eph. 6:6; Rom. 6:18-19, 13). These are the directions on how to overcome evil by doing good (Rom. 12:21; 6:12; 8:13), and how to serve one another in love (Gal. 5:13).

'Jesus Christ's true disciples walk in the spirit so they would not carry out the evil desires of the flesh.'

Jesus Christ's true disciples walk in the Spirit so they would not carry out the evil desires of the flesh (Gal. 5:16). To do this, they would provoke, stimulate and exhort one another to continue to do good works and learn to love the brethren

(Heb. 10:24; 1 John 4:7). Even when suffering, they continue to do what was right and rejoice because God is busy perfecting and establishing His new nature in them (1 Peter 4:1, 12-13, 16, 18-19; 5:10).

'You no longer condemn yourself for the things you allow yourself to do. You no longer worry. You are at total peace inside.'

What is it like to be complete? You no longer condemn yourself for the things you allow yourself to do. You no longer worry. You are at total peace inside. You only live to do God's Will each day and you have ceased from doing your will of the flesh. You only live to do good each day to your neighbors, your friends and strangers. You love to serve, love to give, and love to do good. It's your food now, just to do God's Will (John 4:34). You are completely new. All old things have passed and everything has become new.

'You have entered spiritual rest, and the inner struggle is gone.'

To get where you are now, you had to fight the good fight and finish the course. You kept Christ's works and continue to persevere in them without looking back. You are there. You have arrived! You may not be complete on the outside yet, but you have cleaned the inside of the cup thoroughly (Matt. 23:26). You have allowed God to crush your evil nature and put it under your feet (Rom. 16:20). You have entered spiritual rest, and the inner struggle is gone. You no longer do your own works, but you constantly do the works of God (Heb. 4:10).

'Jesus said it is very easy and pleasant.'

You continue to perfect the outside of the body as you continue growing on the inside of the

How to Know You are Complete

body. No wonder the Scripture describes it as, "The peace that is beyond all human comprehension" (Phil. 4:7). Jesus Christ had that peace when He was on the cross. Stephen had that peace when he was being stoned. Dying is nothing, but entering the rest is something, and Jesus said it is very easy and pleasant (Matt. 11:30).

'You must persevere and strive to get there.'

You do have to endure to get there (Matt. 10:22; 24:13; 2 Tim. 2:12). You must persevere and strive to get there (Luke 21:19; 13:24). You have to suffer to enter the kingdom of God within you (Luke 17:21; Acts 14:22). You must force your

way in by seizing it for yourself (Luke 16:16; Matt. 11:12).

'As a result, some will see your example, be converted to God and have Christ formed in them, too.'

If you tell others in the world, they hate you for it because God has chosen you out of the world. Be of good courage, because, as a result, some will see your example, be converted to God and have Christ formed in them too (John 15:18-19; Titus 2:7; Gal. 4:19). Then, they will become complete and overcome the evil one, perfected in love - just like you (2 Cor. 13:9, 11; 1 John 2:13-14; 1 John 4:18)! ☐

Bonus Bible Studies (with links):



- ☑ [A New Creation](#)
- ☑ [What is Freedom](#)
- ☑ [How to do God's Will With Your Body](#)
- ☑ [How to do God's Will With Your Mind](#)
- ☑ [Make Your Ways Straight](#)
- ☑ [Are You an Obedient Disciple?](#)



"If there is one little area of your life that you are allowing Satan to operate then he will stay alive and well in your body. Satan is fed by sin, or selfishness, that is his food. The more unselfish you become, he starts to shrivel. Pretty soon he doesn't have any more power. After you have made all your ways God's Ways, then it says in Romans 16:20, the God of peace will crush Satan under your heel. When Satan is finally put under your heel there is a tremendous peace, inner peace, that takes place."

Quote from our founder:
[Honor the Lord with Your Wealth Podcast](#)

Letter From the Editor

Dear *Whole Wheat* Readers,

I saw a quote one day, "Discipline equals freedom." When I first read this quote, I thought what an oxymoron, or contradiction of words. In most peoples minds discipline is the lack of freedom, not being able to do whatever you want to do.

Several days after reading this quote, I started to go through tests in major areas of my life. My mind would race to the worst case outcomes of these tests, and I hated that my mind was taking over and robbing me of any peace. Our article, ***Overindulgence***, touches on what my mind was doing to me. It was much like an untrained, unleashed dog that creates havoc wherever it goes. The body left to its own devices can lead to enslavement of its desires and potential destruction, because of the laws written on our flesh (Rom. 7:23).

During those tests, I had to force myself to continually think about doing whatever I did for God (Col. 3:17). As it says in our article ***Discipline***, that disciplining ourselves for the purpose of godliness is repentance and a daily way of life. It was practicing those basic simple truths of God and not letting my mind stray from that narrow path that brought my mind back to peace (Matt. 7:14, Rom. 3:17). Otherwise, like that untrained dog, my mind would run and jump on whatever it wanted to - out of control.

A little known fact; the laws written on our flesh are Satan's will and to overcome or conquer Satans will, ***You Can't Do It Without God***, as our article so clearly shows (Gal. 5:19-20; 2 Tim.

2:26). We are only human and only have so much strength to overcome Satan's laws on our flesh and minds. We need God and His strength, to help in these daily spiritual battles (Ps. 29:11). When we run out of human strength, that is when God can supply His strength. In our weakness, He is made strong (2 Cor. 12:9). The key is we must continually fight and not let our guard down (Rom 12:21; 1 Pet. 5:8).

As it says in James 4:7, "Resist the devil and he will flee from you." The devil is like that dog, and as my mind was racing, it was as if that dog was pulling on the leash. I had to pull it back and bring it under my control. Do I let it run and create havoc or restrain it and have peace (Phil. 4:8,9)? I had to make the choice. As I chose restraint, I started to enter back into ***The Spiritual Sabbath Rest*** and that precious gift of godly peace came as a result of godly discipline, as this article will show. That then, is the secret of ***How To Know You Are Complete***. You are at total peace with no condemnation, because you have surrendered to the Will of God, by committing yourself to daily discipline for the purpose of godliness with all of your heart, mind and soul (Matt. 22:37). By doing this, discipline does equal freedom! That's what this issue of *Whole Wheat* is all about. The beautiful state of godly freedom and peace you can have by living God's Way. I can't think of anything better, can you?

In His Love,

Scott

If you would like to support this life-changing work, you can donate using a credit card via the button below or mail your donation to: Whole Wheat, P.O. Box 26217, Minneapolis, MN 55426.

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You Can't Do it Without God

Many people think they can face the future without God. It cannot be done (John 15:5). The Lord is coming soon and many plagues will precede His arrival (Matt. 24:21-22). This time will be called Jacob's distress because it is coming upon all people, especially the descendants of the ancient Israelites (Jer. 30:7; Dan. 12:1).

Now is the time to prepare for the Lord's coming and the day of distress! How should we prepare? God says He will protect all who are wholly devoted to pleasing Him (Is. 3:10; 1 Kings 8:61; Eccl. 8:12). We please God when we live to keep His Ways and do His Will on this earth, just as He does in heaven (Matt. 6:10).

We must learn righteousness by becoming concerned about the things that concern and please God. [The fruits of the Spirit](#) listed in Galatians 5:22-23 describe God's personality. These fruits are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and

self-control. Because God's Ways are not our ways, we must practice the fruits of the Spirit daily, toward our friends and neighbors, until God has a chance to form Jesus Christ's nature in us (Is. 55:8-9; Gal. 4:19).

'Building godly character is easy and pleasant, but it does not happen overnight. It is a process that requires daily discipline and practice.'

Building godly character is easy and pleasant, but it does not happen overnight (Matt. 11:30). It is a process that requires daily discipline and practice (1 Tim. 4:7). We, like Jesus, need to keep busy doing the righteous works of God in our lives (Luke 2:49; John 4:34; 5:30, 36; 14:12; 21:25). We need to live as Jesus lived and keep His deeds by overcoming the evil pulls of our

flesh (Rev. 2:26). As we continue to zealously practice this righteous Way of life, we will truly be prepared to meet the Lord at His imminent return (Titus 2:14; 1 Peter 2:9; Luke 1:17; 21:36). Without God, our righteousness is useless (Is. 64:6-7; Rom. 10:2-3). With God, we can have peace and look forward to the future (1 John 2:28; 1 Peter 4:18)! ☐



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