

Rest In the Lord

Recently I was caught up in an encounter with the Lord. I was ushered into His presence where I was changed before I met the Lord.

My physical nature had changed. First Corinthians 15:52 (NLT): "It will happen in a moment, in the blink of an eye, when the last trumpet is blown. For when the trumpet sounds, those who have died will be raised to live forever. And we who are living will also be transformed." I had truly left my mortal body in this vision.

I sensed that I died and had gone to heaven. Literally, I felt the separation from this physical world; yet I had no regret or fear of leaving. I was drawn into His presence. The scene all around me was surreal and I sensed I was in another realm (heavenly realm). Second Corinthians 5:8 (KJV): "We are confident, I say, and willing rather to be absent from the body and to be present with the Lord." I did not want to leave because I was accepted there in His dwelling place.

As I began to transcend and ascend higher, I sensed a peace, purity and rest as I had never before. I was immediately engulfed in His presence, and it was as if His arms were all around me and His presence was moving through me. It felt so good to be there. There was a sense of awe and reverence, and I didn't want this moment to end. I had no worries and no bad memories from the carnal world that followed me in His dwelling place. I was at rest! Hebrews 4:10 (KJV): "For he that is entered into his rest, he also hath ceased from his own works, as God did from his." I smelled a hint of sweet bread and a clean soap.

John 6:32-35 (NIV): "Jesus said to them, 'Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven.

For the bread of God is the bread that comes down from heaven and gives life to the world.' 'Sir,' they said, 'always give us this bread.'

"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'"

I snuggled in as I would right after retrieving a hot blanket out of a warm dryer, on a cool winter's night, and I wanted to hold on tight to His presence and His peace. I felt love, joy and His goodness all around me. Psalm 16:11 (KJV): "Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

When this encounter with the Lord ended, I began to process this moment with the Lord. As I sat before Him, He told me, "That's how it feels to rest in Me. No worries about circumstances; complete trust; engulfed in My presence; and rest for your soul. You cannot carry worries in My presence; they are not allowed. You cannot carry the carnal armor nor flesh in My presence; it will be consumed. To abide in Me, you must change. When you rest, you sense all of Me. I am your exceedingly great reward. I am your protection. I am your peace. I am your source. The outside world and our enemies that reside there can't stand in My presence.

"My presence carries no guilt, shame, confusion or fear. In My presence, you have access to love, joy, peace, goodness, faith, kindness, temperance, gentleness and long-suffering. In My rest, you will have all that you need to journey through life and the torrents of adversity will not overtake you. You will always come out on the winning side. Through My Son, you all are granted access to My rest. If you get tired, and want to quit, just hide yourself in My presence. If you get tired, come to Me. If you get tired and want to quit, you're not resting in Me. My child, I want to teach you to always rest in Me. I want to teach you the secret to prayer and warfare. To

rest in Me is to relinquish your will to My will and trust Me as the Lord of Hosts. Rest is a powerful weapon of warfare.”
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Sherri Downs is a wife and mother of two. Sherri is a published author, life coach, mentor and speaker committed to her mandate to teach and instruct the body of Christ. Sherri believes in the power of God that allows every believer to walk in newness. Visit to learn more. You can find her book, Don't Be Bullied By the Devil, [here](#), as well as her book, Keys to Unprecedented Praying Power, [here](#), and you can pre-order Righteous Relationship Reset [here](#). Connect with Sherri Downs on Instagram, Facebook, Twitter and YouTube.

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