

Why Rest Is So Crucial in Your Spiritual Warfare

As a kingdom warrior, Pastor Caleb Hyers knows all about spiritual warfare and attacks from the enemy. He encounters it constantly every day.

But Hyers, the senior leader of The Resting Place in Tampa, Florida, along with his wife, Jamaris, says believers must learn to rest in the midst of the enemy's resistance. That doesn't mean to stop what you're doing, but to lean on God and continue to advance when the going gets rough.

Hyers stresses this point consistently in his new podcast, *The Faith Rest Life*.

"The kingdom of God advances by force," Hyers told Dr. Steve Greene on a recent episode of *Greenelines* on the Charisma Podcast Network. "Force only happens when there is resistance, when you're pushing against something, right? So, if we're advancing the kingdom, and we're supposed to enter into His rest, as the Bible says, then we need to learn how to stay in a posture of soul rest, of soul peace, while encountering resistance.

"We need to learn to not let those things throw off our game, so to speak. It's important that we keep our eyes on the promise and off of the problem without becoming ignorant of the devil's schemes. Awareness of the enemy is good, but focus on the enemy is very bad.

"Often our eyes are more naturally focused instead of on the spiritual realm. We need to start from the understanding that everything is spiritual, that God is Spirit. Whatever we're doing has to start with a Spirit. So, if I'm trying to follow the call of God on my life, I can't keep letting things get in my way."

For more of how to rest in the middle of spiritual warfare with the enemy, listen to the entire podcast.