

# Faith-Rest Drill: Introduction

📖 Hebrews 11:22

👤 Pastor Jeremy Thomas

📅 March 12, 2017

🌐 fbgbible.org

📍 Fredericksburg Bible Church

107 East Austin Street

Fredericksburg, Texas 78624

(830) 997-8834

Dennis is catching up on some things around the house for a few weeks so I'm going to be filling in with a short series on the Faith-Rest Drill. Some of you have been through this drill in the past so this will be review. Some of you have not been through the drill so it will be new. Whether this is review or new I'd encourage you to really try to grasp the principles of this series because they are so practical. We dish out a lot of information here but unless we review, review, review, review these practical things they can get lost in the details. The Faith-Rest Drill is a fundamental part of everyday life. You simply cannot handle life's problems on your own. And we have to remember that daily because the flesh keeps telling us we can handle them. Then we try to handle them and after it's all said and done there's a wake of destruction. We have to learn how to avoid that, or at least how to short-circuit it once we start down that path, get back to truth and start handling the situation God's way. We'll look at Hebrews 11 and a little-known statement about Joseph and his utilization of the Faith-Rest Drill. The whole chapter is about men of the OT who utilized the Faith-Rest Drill when they got in a spiritual jam and enjoyed victory. That's critical because we all get in spiritual jams and so this chapter was written for all of us. The OT is really written for us in this respect. It's written very differently than the NT. The OT is full of stories, situations you can really identify with, people you can identify. That means you can draw strength from these events and people. The NT has a lot of doctrine and promises in it and we need those, but the OT stories show that doctrine fleshing out in real life, it's more concrete. People struggle with the NT because it's more abstract. The reason it's that way is because it presupposes you already know the OT. So it's just fleshing out the doctrine. We want to delve into a man in the OT, Joseph, who is one of many who model for us how to use the Faith-Rest Drill.

We're going to approach this drill like you were in athletics or the military. Athletics and the military have several things in common; one of which is drill, drill, drill. What does drilling do for you? It generates an automatic response pattern. You go on auto-pilot and when something goes wrong, you respond the way you were trained.

To illustrate this I want to go to an event in a movie, *The Perfect Storm*<sup>1</sup>. I don't know if you've seen that movie but it's a drama based on a storm that happened off the east coast on October 29-31, 1991. In the movie, air rescue

people go out and try to rescue these boats that get caught in the storm and this shows you the importance of a drill from the athletic and military point of view, then we'll look at Joseph. One of the events that led to the movie, *The Perfect Storm* happened on October 30, 1991.<sup>2</sup> The New York Air National Guard has a rescue unit. Flying out of New York they flew a C-130 and a helicopter; their mission was to save a sailboat that was 250 miles off the New Jersey coast. At the time they went out there the winds were forty to fifty knots which translated to 55 to 60 miles an hour. The seas were forty feet. After two re-fuelings on the way the helicopter finally arrived over the sailboat. They were afraid if they dropped a guy into the water he wouldn't make it to the boat and even if he did the hoist operator was afraid the cable might snap trying to retrieve him because of the size of the wave-swells. One of the sailors was already separated from the boat so they aborted that idea and decided to have the C-130 come in low and drop survival gear, which they did. He was later retrieved by a Romanian freighter.

At 8pm it was pitch black so now we have no visual reference. Because they've been messing around so long trying to figure out how to rescue this sailboat they're low on fuel. So they call for the C-130 to dispense fuel to them and they want to link up. Thirty times the helicopter approached the back of the C-130 and missed. And then finally because of the turbulence around the aircraft the receiver gauge was damaged. So then the pilot said I'll never get the helicopter probe into that sucker, and now my gas is down to 20 minutes; 20 minutes of gas doesn't get you 220 miles back to New Jersey coast. So he put out a distress call to the *Tamaroa* about 12 miles away. They didn't even have enough gas to go that far so he has no choice but to ditch; so he gives the order. There were five men on that helicopter; there was a pilot, Lt. Col. Ruvola, a co-pilot, Lt. Col. Graham Bushor, a flight engineer Jim Miolli, and two para rescue men, John Spillane and Rick Smith. Rick Smith had a reputation as the toughest swimmer in the entire Air National Guard. They tell the guys to bail.

Right at the time they're doing this the winds increased to 70 knots. Now they've got a real problem because now the seas are going to 80 feet; the waves are a little exaggerated in *Perfect Storm* but not much, there were 80 foot distances between the trough and the crest. Well, this created a problem. These guys are ready to jump and it's 8:00 p.m. at night and they can't see where they're jumping. So the two para rescue guys go out first, since they're the best swimmers, and unfortunately, as they leave the helicopter the waves go by and now they're in a trough. So the distance between the helicopter and the trough is 60-70 feet. Well you can compute from physics, if you drop 60-70 feet your body is hitting the water at over 50 miles an hour and no air bag. So, Rick Smith, the greatest swimmer died; the second man sustained massive injuries, he had four broken ribs, he broke one bone in his left leg, he broke three bones in his right arm, he ruptured a kidney and bruised his pancreas.

Now the co-pilot's job is to go out; so what the pilot is trying to do is get these guys out of the chopper because he's got this blade going around and he doesn't want to chop them up, you can't just crash the helicopter, it doesn't work that way, you have to get out of it first. So the co-pilot goes out and he says this: "The wind was

picking up salt spray, the landing lights are making everything hazy and beyond that it was pitch black so I really couldn't see anything at first. Fortunately, my night vision goggles were still attached to my helmet, I wasn't willing to jump without being able to see so I put the goggles over my eyes, took a deep breath and I jumped." Fortunately, when he jumped the wave crest went by and he fell only 15 feet. He hit the water, inflated his life preserver, and now he made this statement and this is the statement I want you to listen to carefully. This is a parallel and analog to what we're doing with the faith rest drill.

"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." Let me read that again, "what's amazing is that when you get into a stressful situation you respond the way you were trained. It's almost like you were on automatic and you don't have to think about what to do next. "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." Moments later the pilot and flight engineer ditched the copter. With only the air in their lungs the pilot inflated his survival gear and buoyed to the surface. The other didn't have the survival gear but made it to the surface and was rescued by the pilot. The injured swimmer that fell 60-70 feet found them and the three stayed together in 60-degree water for over four hours. The fourth, Lt Buschor survived alone several hundred yards away. None of those men died because they were thinking clearly. They had been trained to the point of boredom but it saved their lives.

What I want to do is connect that kind of training and repetition to the kind of training and repetition you need in the word of God to make it through life. You can never get so much of the word of God that you can kiss it off. I had a guy say that to me once. "I've been here for years. I know all that stuff. I don't need to hear it anymore." And he walked out the door. Fortunately, that guy saw later that he did need to hear it more. But that was a very sad day for me. If you ever get to the point that you are thinking you don't need to hear the word of God anymore you are in a very dangerous situation, and you are communicating an enormous arrogance. And the bad thing about it is you probably don't even know it and you need more of the word of God than you ever have but you don't have a clue.

So just like those men in the Air National Guard, we want to train ourselves to the point where when some disaster is occurring we automatically go into using the Faith-Rest Drill. It helps to break this down into four steps. Keep in mind as we do this, these disasters don't have to be big. They could just be daily stresses. It's the daily stresses that are the training ground for the occasional big disasters that come into your life. So you put these four steps to work in the daily stresses and then when the big whammie comes the hope is you'll respond according to the training. The first step is to RECALL a Scriptural story, a biblical person, a promise, or some Scripture to help you quiet down and focus on the Lord. It's not time to worry about the right Bible translation and there's not enough time to do in-depth Bible study. All you have time to do is grab something in your memory, some story. That's why the Joseph story is so good, it gives a lot of food for thought, and you can grab hold of that because "faith comes by hearing, and hearing by the Word of God." It doesn't come from holding

hands and singing kumbaya, it doesn't come from having a fuzzy feeling, it comes from the text of Scripture. So you have to know the Scripture and grab the Scripture you know and hold on to that. That's why we systematically, week in, week out teach the text of Scripture here. If you're applying yourself it's building an arsenal, a deep stock of resources to pull from when the stresses come. That's the first step; RECALL.

The second step is to CONNECT what you have recalled with your situation. In other words, you've got to build a bridge from the Scriptural story or promise over to your situation so that you see a connection. It does very little good to say "All things work together for good to them that love God, to them that are called according to His purpose" if you aren't lumping your thing in with all things. Or "Cast all your cares upon Him, for He cares for you" if you think that some things He doesn't care about and so it's all on you. So what you have to do is connect these promises with your situation because if you don't you can't walk by faith. So how do you bring your situation together with the text? I suggest this takes two steps, a positive and a negative. There are two sides to this because your volition is involved and there's a choice you have to make. The first side is you have to demolish the pagan solution. This is the negative side. Pagan solutions are gimmicks. You may not know it's a gimmick. You may think it will work and so you have to be able to detect the gimmicks and demolish them in your thinking so they don't start to control your decisions. To do this you have to know the word of God really well. The trouble is we spend so much time in the world, soaking up these gimmicks in the media, in our work place, on television, wherever you are, in school, just walking around listening to people, reading stuff, we fill up with the things of the world. So we have to make a conscious effort to set our mind on the things of God. That means daily intake of the word of God. You have to do this by yourself. If you think you can get by on Sunday and Wednesday you are deceived. Personal relationships don't work too well when you only develop them two days a week. You are going to be into a lot of gimmicks, whether you know it or not. The word of God has to dominate. That's the second side, you have to be certain of God's solution. This is the positive side. It means you have to be convinced of the word of God. To you it has to be the only way. And the only way to get convinced of that is by hearing it, hearing it, hearing it. Someone told me the other day they listen to the Bible teaching here while they're at work, all day long, and that sometimes they'll catch themselves just standing there for like five minutes because they're thinking about what is being said. That's good. I'm not saying lay off on the job, but I am saying you have got to soak in the word of God if you are ever going to be able to trust God's solution because God's solution is not something natural to your brain. It's an unnatural response. So to get it in there we have to be in the word of God constantly and we have to practice using it. That means making a conscious effort. You have to talk to yourself about it in each situation. Don't expect it to just happen. If you are proceeding on the basis that it's just going to leach out of you, you're mistaken. What leaches out of you is the flesh. The things of God do not just leach out. You have to consciously think about God's solution and how to apply it and you do this over and over and over until it becomes habitual. That's the second step CONNECT; connect your situation to some person, some event, some promise, and it has two sides, negative demolition of the pagan gimmicks and positive confidence in God's solution.

The third step is TRUST. Just because you recall some Scripture and connect it to your situation does not mean that you automatically appropriate it by faith. You have to personally appropriate it by faith. What we mean by the word faith is “rely” or “depend” upon God’s solution. This is sometimes hard to do. You recall and connect and it goes nowhere. So what do you do? You have to keep recalling and keep connecting until you can trust the Lord. Many Christians fail at this point and they resort to the pagan gimmicks; drinking booze, having a pity party, going on a shopping spree, doing some hedonistic thing. The only way to break through all of those gimmicks, which you’ve trained yourself to turn to, is to re-train yourself to think on the word of God, to circulate it through your mind over and over and over. And the more you do this the more you start to trust.

The fourth step is REST. If you do this you will get rest. God will give you the rest. By that I don’t mean the stress will go away. That may stay for months. What I mean is you have confidence that God is working all things together for good. So you are handling the stress properly and you are getting the REST or relaxed mental attitude through the stress. To recap, the four steps are RECALL, CONNECT, TRUST AND REST.

Let’s get to Hebrews 11:22 and we’ll try to show these four steps in Joseph’s life. How he was able to go through this drill and solve a problem. First let’s get a little background on Joseph. Joseph was not a pastor; he was not a priest; he was not some kind of professional religious person; he was a politician. He was the number two man in the world super power of that time; Egypt. Of course, it was no small task for Joseph to walk by faith in the middle of that pagan nation, a nation that had developed out of the descendants of Noah but rapidly declined in rebellion against God. We can identify with that in our nation. Joseph, every day, had management problems in the government, he had economic problems, agriculture problems, social problems. He was the man God used to save the nation in one of its greatest calamities, a famine of great proportions, no rain for seven years. Try to imagine what would happen today if we had no rain for seven years. All the plants would die, then the animals that ate the plants would die, then the people that ate the plants and animals would start to die. It would be a huge mess with no end in sight. This man had those kinds of problems to deal with and they went on day after day, year after year. We want to look at how Joseph solved one of his problems by using the four steps in the Faith-Rest Drill.

In Heb 11:22, the one thing that is pulled out of Joseph’s life, and you can think of all kinds of things Genesis records about Joseph’s life, but the one thing that got pulled out is this, **By faith Joseph, when he was dying, made mention of the exodus of the sons of Israel, and gave orders concerning his bones.** Now you want to talk about an obscure text. That’s pretty obscure. But watch. This actually tells us how this guy was making decisions on the basis of faith. Note the first thing in the verse, **when he was dying**, this is right on his death bed. Joseph had thought about this, probably for years. And it says he **made mention of the exodus**. If you look up that word **made mention** in the Greek this is an odd translation of that word. In almost every other case in word *mnemenuo* doesn’t mean to “make mention” but “to remember something from the past”. We get the English word mnemonic device from this word. It means to remember something from your memory bank that

you stored up from the past. But there's a problem with that meaning in this verse. Can anyone see it? Because Joseph never lived through the Exodus. Joseph lived before the exodus. So how could Joseph remember the Exodus if it hadn't happened yet? You can't remember things from the future! But with Scripture there is a way to remember things from the future. This might make you uncomfortable but every guy in Heb 11 remembered something from the future. We can do this too. I'll show you. Joseph **remembered the exodus of the sons of Israel.**

What was going through Joseph's mind? Turn back to Genesis 50:24. Here's what was going through Joseph's mind. After being left for dead then sold off by his brothers, after becoming the number two man in the greatest world superpower, Egypt, being re-united with his family, now he's going to die. He says in verse 24, "I am about to die, but God will surely take care of you and bring you up from this land to the land which He promised on oath to Abraham, Isaac and Jacob." Okay; question—in terms of the Faith-Rest Drill what promise of Scripture has Joseph just recalled? Step one is RECALL some Scripture, some promise, some event, some person. What has he just recalled? The Abrahamic Covenant, and specifically the land aspect. Turn to Genesis 15 for a moment; here's the exact text that he must have remembered. In Genesis 15:12 God announces the Abrahamic Covenant, "And when the sun was going down a deep sleep fell upon Abram..." And verse 13, "And God said unto Abram, 'Know for certain,'" don't guess, "know for certain" it says, the word of God is certain. "...know for certain that your descendants will be strangers in a land that is not theirs, where they will be enslaved and oppressed four centuries, But I will judge the nation and afterward they will come out." See the word "come out?" That's the Exodus.

So what has Joseph done in his walk with the Lord? The steps of the Faith-Rest Drill. First step, RECALL a promise of God. What did he recall? The Abrahamic Covenant, and the words embedded in that covenant that his family would be in bondage in Egypt, which is where he was living. And he's remembering the promise of God that He is going to judge Egypt and come out and return to the land. So Joseph has followed the first step of the Faith-Rest Drill; RECALL. Second step, CONNECT it to your situation. What's His situation? He's dying. He's in Egypt. He has to make plans for his burial. He connects his burial with the plan of God for his family and he begins to apply it. Now if you return to Hebrews you'll see the decision he made. This is where volition comes in. In Hebrews 11:22 it says: **he gave orders concerning his bones.** This is the third step. What's the third step? TRUST. Anybody ever go to a museum or read a book about Egyptian history? What always impresses you besides the pyramids? Their tombs. If there is one people on the face of this planet that were preoccupied with death and the afterlife...it was the Egyptians. They mummified everything, themselves, their food, their dogs, their cats, they've even found mummified crocodiles. These people went ape with this mummification. So we have a group of people thinking a lot about the afterlife. You can't really see the significance of Joseph's decision if you don't see this pre-occupation.

I'm going to read a section from Dr. Henry Frankfort who for many years taught at the University of Chicago and he wrote a book about Egyptian religion. In it he makes two statements that I want to share with you to give you background for verse 22 and why Joseph's decision concerning his bones was significant given his governmental position in Egypt. You have to remember that everyone lives in a culture and certain decisions are uniquely difficult in their culture that may not be difficult in your culture. So don't knock them. "The unity of the Egyptian people is established with respect to language, culture, and even physique. There was one dogma that controlled all of Egypt; it was this: they were rooted in a single basic conviction, to wit that the universe is essentially static." The Egyptian held that he lived in a changeless world; it is irrelevant in his view whether it be applied to nature and society, he applied it to everything. It informed his theology, his politics and his morals. So here we have a group of people who think history has reached its plateau with them and why could they say that? As the sons of Noah, who was it that controlled technological human civilization at the time? Who was it that had the architecture? You go to the Aztec and Inca ruins and you see the pyramidal forms, but that's centuries after Egypt. The engineers that built Egyptian society were far ahead of their time. They never viewed civilization as having anywhere to go, this was it. And when we die we're going to continue it. We're going to freeze our high civilization. So put a lot of Wheaties in the tomb for Joe so he can have good breakfasts in the morning. And that's why they had food, dogs, cats and crocodiles along with those mummies in the tombs.

Frankfort makes another interesting comment: "We may say that the tomb created the necessary conditions for life in the hereafter. It was a necessity to be buried properly," now watch this, in the light of Heb 11:22, to a good Egyptian... was Joseph a good Egyptian? Where was he in Egyptian society? He was at the top! Where were all his buddies buried when they died? They're being mummified and kept in tombs. Why? Because it was the tomb that was the place of the afterlife. So Frankfort said: "It was necessary to be buried properly in a well-equipped tomb," it didn't have air conditioning but it had everything else. And this requirement was important. I'm going to read you two Egyptian texts that talk about tombs and their concept of what happened when they were buried there. Listen carefully; this is the Egyptian mind, this is what Joseph heard every day of his life while he was administrator inside the Egyptian power structure.

"Come back to Egypt that you may see the residents where you did grow up; that you may kiss the earth at the great palace and mingle with the chamberlains. Even today you have become to be old; you have lost your manhood and you have besought thee of the day of burial." And then he describes the burial, and keep in mind, as I read this, the word "Asiatic." The word "Asiatic" in their mind meant people that lived in Palestine. The Jews. Who wouldn't eat with the Jews? The Egyptians. Why? Because they despised those nomadic people, those shepherd people, they thought they were inferior. So now listen to the text. "Thus thou shalt not die abroad, nor shall the Asiatics bury you; you will not be placed in a sheepskin like the Asiatics, so come back to Egypt."

Now in Hebrews 11:22 what is Joseph saying? I want you to get my bones out of Egypt. On what basis did he make that decision? Remember, in step two, where we connect, there is a negative side and a positive side. The

negative side is that the plan of God for his family was to move out of Egypt. That means Joseph had to be convinced that Egypt was a gimmick, that Egypt was not the ultimate culture, that Egypt was going to be overrun by the kingdom of God. So he's done the negative demolition and now turns to the positive side. I want you to take my bones with you up from Egypt to the land which God has promised by covenant to Abraham, to Isaac and to Jacob. He has soaked in the Genesis 15 text. He is convinced that Gen 15 trumps Egypt, trumps Pharaoh, trumps the whole civilization. So he says, get me out of here because history is going somewhere other than here. And this is step three. In step three he is trusting God's word. He is confident that the word of God regarding the coming Exodus is so true that he gives orders with regard to what to do with his bones when the Exodus does happen. But in his mind it has already happened. He's remembering the Exodus because the word of God with respect to the future is so certain, Joseph is so convinced, that it's already a done deal. That is the way we are supposed to operate. Do you see that? You are so convinced of the word of God regarding the future that it is affecting your decision making in the present. That's what the author of Hebrews is trying to get us to see with all these examples. Joseph's just one. But he's a great one.

Now, when he gave this command what do you suppose his Egyptian buddies in parliament thought? We don't have that in Scripture, but it had to create tension. What, the great Joseph doesn't want to be buried in the great tombs? Look, you are second in command here, and you reject it to go out with those Asiatic people that raise sheep in the desert? Why do you want to do that? We have all the grandeur here. We have all the arts. We have all the science. We have all the technology. We are so advanced, what more could you want? What more could I want? I want God. I want the kingdom of God. Art, science and technology uses the things of God but art, science and technology don't have God. God is greater than all those things. And God is saying He is going to form a kingdom with a culture that reflects Him and it is going to be centered in the land of Israel and I want my bones to be buried there because I want to be in something greater than Egypt, something greater than America, something greater than any mere human kingdom. I want to be a part of the kingdom of God. When you are thinking that way you are able to make the most unnatural decisions in the face of the culture and never look back. They may think you're strange. They may wonder why you would do a thing like that. But that is your testimony. That is the function of faith, to provide a testimony to the world that they don't have all the pieces of the puzzle put together. You have the pieces put together and you are operating on a different basis. And its faith. But it's not blind faith. It's faith in the promises of God which are so certain that from the standpoint of faith, those promises have already been fulfilled. That is what I mean that you can remember the future. That is how certain the rapture is. That is how certain the judgment seat of Christ is. That is how certain your justification is in heaven. That is how certain the kingdom to come is. That is how certain you will reign with Christ. To you those things should be so certain you can say you remember them. Such that when you figure in those factors what impact does that have on your decisions today? That's how Joseph operated in the midst of a pagan culture and that is the way we are to operate in our pagan culture. We're looking for something better.



The conclusion of the matter today is the Faith-Rest Drill. It takes time and conscious effort to learn to do this. When you're emotionally upset and under high stress you don't have time to go figuring out how to do this. You don't have time to go search the Bible for some verse. The time to do this is when things in your life are relatively stable, when you can focus and hear the word of God, think about it and start applying it to the daily little things. Step one, RECALL, step two, CONNECT, step three, TRUST, and step four get REST. But you have to be preparing now by drilling the word of God into you over and over and over because if you don't do that you won't even be able to handle the little things, you'll fold, and when the big things come you'll collapse. So it may be boring. It may be monotonous week in week out going through these Bible studies. You might wonder if anything exciting is ever going to happen here? Probably not. It's not very exciting at boot camp either. It gets back to what Lt. Col. Bushor said when 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 is what we are aiming for. Training, training, training so we have a tremendous arsenal of resources to draw from. That is what all these classes are for. They are not about having a fuzzy feeling. They are not about hearing something that is necessarily new. They are about getting trained to deal with the tremendous difficulties of living in a fallen world run by Satan and the demons, so you are able to look at the world in the face, and all of its gimmicks and laugh, because one day something big is going to come into your life and if you don't have that you're going to collapse. But if you do have that you'll be able to go on automatic pilot, and have that calm reserve of spiritual strength that gives you the ability to endure.

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<sup>1</sup> Also known as the "Unnamed Hurricane," the "Halloween Storm," and "The Storm of the Century."

<sup>2</sup> <http://www.ang.af.mil/History/Features/PerfectStorm.pdf>