



Continued... How to Fight a Fight That's Already Won

Rest while you fight and Fight while you rest

Sunday Worship Notes

September 28, 2025

Golden Text: 1 Timothy 6:12 - "Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses."

Today's Message:

Rest While You Fight, Fight While You Rest; Two Perspectives of the Same Posture — Believing

Key Points

1. Believing is the Work

- John 6:29 — "This is the work of God, that ye believe on him whom he hath sent."
- Belief = persuasion of the heart.
- Faith = belief expressed in action and words.

2. Believing Ushers Us Into Rest

- Hebrews 4:3 — "For we which have believed do enter into rest..."
- We rest because Christ's work is finished.
- Rest = settled confidence in His victory.

3. Believing Keeps Us in Rest

- Hebrews 4:9–10 — "There remaineth therefore a rest to the people of God..."
- Resting posture: refusing to be moved.
- Fighting posture: resisting opposition, obeying corresponding action.

4. The Paradox Resolved

- 1 Tim. 6:12 — Fight the good fight of faith.
- Hebrews 4:11 — Labor to enter His rest.
- No tension in the Spirit — both are the same posture: believing.

5. Confession: The Expression of Belief

- Romans 10:9–10 — believe in heart, confess with mouth.
- With words we receive and resist.
- Faith defends with the shield, advances with the sword.

6. The Common Denominator = Belief

- Belief ushers us into rest.
- Belief keeps us in rest.
- Belief + corresponding action = the fight of faith.



Continued... How to Fight a Fight That's Already Won

Rest while you fight and Fight while you rest

Sunday Worship Notes

September 28, 2025

Q & A for Reflection

Q1. What is the one work God requires of us according to John 6:29?

A1. To believe on Him whom He has sent.

Q2. How do we enter God's rest according to Hebrews 4:3?

A2. By believing in Christ's finished work.

Q3. What does resting in Christ mean for the believer?

A3. Refusing to be moved, having settled confidence that His work is finished.

Q4. What is the fight of faith according to 1 Timothy 6:12?

A4. Standing unmoved, resisting opposition, and confessing the truth of God's Word.

Q5. Why are fight and rest not in tension in the Kingdom?

A5. Because they are two perspectives of the same posture: believing.

Q6. What role does confession play in our fight of faith?

A6. It expresses belief — with our words we receive promises and resist opposition.

Q7. What is the common denominator between rest and fight?

A7. Belief — it brings us into rest, keeps us in rest, and fuels the fight of faith.