

Entering the Believer's Rest: What Is Soaking and Why Does It Matter?

Philippians 4:19–20 NASB 1995

19 And my God will supply all your needs according to His riches in glory in Christ Jesus. **20** Now to our God and Father be the glory forever and ever. Amen.

As a believer pursues a deeper relationship with the Lord and learns to live with greater dependence on Him in day-to-day life, there is a recognition that these verses hold more than we may first understand. Philippians 4:19 is often used to acknowledge God as the One who provides financially, and He certainly does. Yet the language of “all your needs” invites us to see His provision more fully. Our needs are not only financial or practical. We need peace, wisdom, strength, healing, renewal, direction, comfort, conviction, and rest. We need the ministry of the Lord in places we can name, and in places we may not yet recognize.

This is an encouragement to remember that whatever we have, and whatever we perceive as lacking, is ultimately found in communion with the Lord. Living from this truth can be difficult because we are often trained to move first toward self-reliant problem-solving rather than dependent relationship with Him. As we recognize that the Lord's perspective and ways are higher than our ways and understanding, it becomes increasingly evident how great our needs are, and how deeply we need the kind of provision only He can give.

Soaking is the practice of intentionally leaning into dependence on the Lord in a posture of receiving. It is not the practice of emptying ourselves into nothingness, disengaging our minds, or seeking a spiritual experience for its own sake. Soaking is relational. It is the act of becoming still before the Lord in faith, with our attention and dependence turned toward Him, trusting Him to minister to us in the ways He knows we need.

This is often best done in a posture of physical rest: sitting in a comfortable chair, lying on a bed, or being in a quiet outdoor space where the individual feels safe, uninterrupted, and able to become internally still. Some people find instrumental, meditative worship or quiet music helpful as they begin to

settle. Others prefer silence, and noise-canceling headphones may be helpful for that. The most important thing is not the setting itself, but discovering what helps you become present before the Lord without striving or distraction.

Soaking is a time of receiving without an agenda. Study, prayer, and worship are deeply important in the life of the believer, but soaking requires a different kind of surrender. It invites the believer to become vulnerable to the Lord's ministry, not by performing, producing, or pressing for answers, but by resting before Him in trust. This may lead into internal peace, quietness, or even physical sleep, as the Lord is invited to minister to the believer in whatever way He perceives is needed. Many times, there may not be revelation, direction, or immediate answers beyond the quiet confidence that the Lord is present and near.

If it becomes difficult to get still because of distracted thoughts, emotional heaviness, or physical agitation, it may be helpful to first take time to pour out your heart before the Lord. This can be done through journaling, praying aloud, or quietly dialoguing with Him internally. Bring before Him everything that is crowding your mind until there is nothing left that needs to be said in that moment. This is not a failure to be still; it may be part of the process of becoming still. As the noise begins to settle, space is created for the Lord to minister to every part of who you are: mind, body, and spirit.

As you sink into stillness, you may need to give yourself permission to receive and give the Lord permission to lead the time. The goal is not to force a specific outcome, receive a particular answer, or measure whether the time was "successful." The invitation is simply to be with Him and allow Him to minister to you in the ways you need, whether you fully understand what He is doing or not.

Soaking may last ten minutes or extend for a much longer period. However, the time spent trying to become still internally is often preparation for soaking rather than the fullness of soaking itself. Stillness is a discipline that develops over time. It is not hindered by distraction, attention struggles, or the difficulty many people experience in quieting themselves. The Lord knows how to meet each individual. However, in a culture of constant

stimulation, it may require intentional practice to learn how to enter into rest and remain there with Him.

Hebrews 4 gives language to this invitation into rest. The rest of God is not merely inactivity. It is the place of faith, surrender, and obedience where we cease from self-reliant striving and become attentive to His voice.

Hebrews 4:6–13 NASB 1995

6 Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, **7** He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, Do not harden your hearts." **8** For if Joshua had given them rest, He would not have spoken of another day after that. **9** So there remains a Sabbath rest for the people of God. **10** For the one who has entered His rest has himself also rested from his works, as God did from His. **11** Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. **12** For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. **13** And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

Hebrews 4 teaches us that God's rest remains available, but it must be entered by faith. The warning in this passage is not meant to produce fear-driven striving, but holy attentiveness. The people had heard the good news, yet they failed to enter because of disobedience. The issue was not that God's promise was unavailable; the issue was that their hearts did not respond rightly to what He had spoken.

This matters deeply when we talk about soaking, because soaking is not passivity. It is not avoiding obedience, responsibility, or spiritual maturity. Rather, it is one way we practice ceasing from self-reliant striving so that we can receive from the Lord and respond to Him in faith. Hebrews says, "let us be diligent to enter that rest," which shows us that rest is not carelessness. There is an intentional yielding, an active surrender, and a faith-filled attentiveness required to enter what God has made available.

The passage also reminds us that the Word of God searches and discerns what is happening within us. As we come into stillness before the Lord, He may bring awareness to thoughts, motives, fears, burdens, places of unbelief, or areas where we have been striving in our own strength. This exposure is not meant to shame us. The Lord reveals what is within us so we can bring those places honestly before Him and receive His mercy, correction, healing, and grace.

If you need suggestions for soaking music, all music streaming platforms offer established playlists and music ministries that provide free access by searching for "soaking worship" in the search bar. Go with what works best for you rather than expecting the first one you click on to be best. If silence or being in nature is most helpful, that is great. Make every effort to enter in- soaking changes everything!