

REST & REIGN BIBLE STUDY

CONNECTED OR COUNTERFEIT?

Discernment of Fruit, Source & Alignment

A 5-WEEK INDUCTIVE BIBLE STUDY

A spiritual audit of the connections, comforts, sources, and systems shaping your life.

KINGDOM OVER EVERYTHING

BEFORE YOU BEGIN

A SPIRITUAL AUDIT

Not every connection is covenant. Not every calm is peace. Not every familiar place is producing life. Not every powerful experience is evidence of presence.

This five-week study is an invitation to examine the source, fruit, and alignment of the things shaping you. The question is not merely, **“What am I connected to?”** The deeper question is: **“What is this connection producing in me?”**

Each week follows a simple inductive pattern: read the Scriptures, observe what they reveal, understand the context, study key Hebrew concepts, connect the passages, and then submit your own life to the Word for examination.

Come honestly. Do not study this material merely to evaluate other people, ministries, relationships, or systems. Let the Word examine you first.

THE FIVE-WEEK AUDIT

1. Peace or Alignment?
2. Fruit Over Familiarity
3. When Comfort Masks Disconnection
4. Why Some “Anointings” Feel Empty
5. True Rest vs. False Relief

How to use this study: Read the assigned passages in full. Write your own observations before relying on the teaching. Allow the Holy Scriptures to challenge your assumptions. Then answer the audit questions without protecting your comfort.

WEEK 1

PEACE OR ALIGNMENT?

Emotional Calm vs. Covenant Connection

CORE SCRIPTURES

John 14:27

Philippians 4:6–7

Colossians 3:15

Isaiah 48:22

Jeremiah 6:14

READ

Read each passage slowly. Pay attention to the difference between the peace Yahusha gives and the peace offered by the world.

OBSERVE

What words, conditions, contrasts, and warnings appear throughout these passages?

What does Scripture reveal about the relationship between peace, obedience, alignment, and covenant?

UNDERSTAND THE CONTEXT

Not every calm place is a covenant place.

Scripture repeatedly exposes the danger of false peace—peace that is declared without repentance, alignment, or obedience. Jeremiah confronted leaders who proclaimed, “Peace, peace,” when there was no peace.

Yahusha declared that His peace was different from the peace offered by the world.

Biblical peace is not merely the absence of conflict or emotional discomfort. It is the result of wholeness and alignment with Yah.

ANCIENT HEBREW KEY WORD STUDY

■■■■■■■ — Shalom

Peace, wholeness, completeness, soundness, covenant harmony. Shalom is more than feeling calm. It speaks of a condition in which nothing is missing and nothing is broken.

■■■ — Lev

The heart; the center of thought, moral reasoning, emotion, and decision-making. When the peace of Messiah rules the lev, the whole person is brought into alignment.

■■■■■ — Rasha

One who is wicked, morally loose, or operating outside covenant order. Isaiah declares that there is no shalom for the rasha because covenant peace cannot be separated from covenant alignment.

CONNECT THE SCRIPTURES

John 14:27 shows that Yahusha gives a peace the world cannot produce.

Philippians 4:6–7 reveals that covenant peace is connected to prayer, supplication, thanksgiving, and trust.

Colossians 3:15 teaches that peace is to rule—to govern and make the decision—in the lev.

Isaiah 48:22 and Jeremiah 6:14 expose the counterfeit: peace can be proclaimed where there is no obedience or alignment.

BIBLICAL SYNTHESIS

Calm is not proof of covenant.

You can feel better and still be out of alignment.

You can experience relief because you avoided confrontation, compromised truth, or escaped obedience.

True peace is produced by alignment with Yah.

PERSONAL AUDIT / PIERCING QUESTION

Is this peace produced by obedience—or by escape?

Where have I called avoidance “peace”?

**Where have I accepted emotional relief instead of
confronting misalignment?**

PRACTICAL APPLICATION

This week, identify one area where you feel peace but may be avoiding obedience.

Bring it before Yah honestly.

Ask: **“Is this shalom—or simply the relief I feel because I stopped resisting?”**

CLOSING PRAYER

Yah, search my lev and expose every counterfeit peace. Teach me to distinguish emotional relief from covenant shalom. Bring my thoughts, convictions, emotions, and decisions into alignment with You. Give me the courage to obey even when obedience is uncomfortable. Let Your peace rule—not my avoidance, fear, or desire for convenience. In the name of Yahusha, amein.

WEEK 2

FRUIT OVER FAMILIARITY

Stop Calling History “Harvest”

CORE SCRIPTURES

Matthew 7:16–20

John 15:4–8

Galatians 5:22–25

Hebrews 5:12–14

READ

Read each passage and look for what Scripture identifies as evidence of genuine life, maturity, and connection.

OBSERVE

What does fruit reveal?

What is the relationship between abiding and bearing fruit?

How does Scripture distinguish exposure from maturity?

UNDERSTAND THE CONTEXT

Longevity is not proof of life.

Something can remain in your life for years without producing transformation.

Familiarity can feel safe because it is known. But history is not harvest.

Yahusha did not say, “You will know them by their history.” He said, **“You will know them by their fruit.”**

Fruit reveals the source.

ANCIENT HEBREW KEY WORD STUDY

■ ■ ■ ■ ■ — Peri

Fruit; product, result, offspring, or evidence produced by a source. Fruit reveals what is happening beneath the surface.

■ ■ ■ ■ ■ — Yashav

To dwell, remain, sit, or establish habitation. Fruit grows from sustained dwelling—not occasional visits.

■ ■ ■ ■ ■ ■ — Shores

Root; hidden origin, foundation, and source of nourishment. The root may be hidden, but the fruit eventually reveals it.

■ ■ ■ ■ ■ — Bin

To understand by separating, distinguishing, and evaluating differences. Discernment requires the ability to distinguish familiarity from fruitfulness.

CONNECT THE SCRIPTURES

Matthew 7 teaches that fruit reveals source.

John 15 teaches that abiding produces fruit.

Galatians 5 identifies the fruit produced by the Ruach.

Hebrews 5 warns that time and exposure do not automatically produce maturity.

BIBLICAL SYNTHESIS

You can sit under truth and remain unchanged.

You can repeat Kingdom language without living Kingdom life.

You can have years of exposure without evidence of maturity.

Fruit proves source.

PERSONAL AUDIT / PIERCING QUESTION

Is this connection producing transformation—or just tradition?

What has this connection actually produced in me?

**More humility? More obedience? More discipline?
More covenant loyalty?**

Or simply more vocabulary and familiarity?

PRACTICAL APPLICATION

Inspect the fruit.

Do not evaluate a connection by how long it has existed. Evaluate it by what it is producing.

CLOSING PRAYER

Yah, reveal the fruit of every connection in my life. Expose every place where I have confused familiarity with transformation. Root me deeply in You so that my life produces evidence of Your Ruach. Teach me to discern by fruit and not by history, charisma, or comfort. In the name of Yahusha, amein.

WEEK 3

WHEN COMFORT MASKS DISCONNECTION

The Seduction of Spiritual Numbness

CORE SCRIPTURES

Revelation 3:15–17

1 Kings 19:11–13

2 Timothy 4:3–4

Amos 6:1

READ

Read each passage slowly. Pay attention to the warnings concerning lukewarmness, comfort, correction, and spiritual sensitivity.

OBSERVE

What happens when people become comfortable?

How does Yah speak?

What happens when people only listen to what satisfies their desires?

UNDERSTAND THE CONTEXT

Not every quiet season is Yah's approval.

Comfort can become counterfeit rest.

Ease can become erosion.

Numbness can silence conviction.

The most dangerous condition may not be open rebellion. It may be a person who has drifted so gradually that they no longer recognize their own disconnection.

ANCIENT HEBREW KEY WORD STUDY

■■■■■ — Nuach

To settle with purpose, rest in placement, and remain where one has been positioned. Biblical rest is connected to divine placement—not simply comfort.

■■■■■ — Shalem

Whole, complete, undivided, fully aligned. Lukewarmness is the opposite of shalem.

■■■■ ■■■■■■■■ ■■■■■■ — Qol Demamah Daqqah

A refined, delicate, still voice. Yah was not always found in the dramatic display. Sometimes conviction comes quietly.

■■■■■■■■ — Sha'an'an

Carefree security, complacency, undisturbed ease, and false confidence. Amos warns against being at ease in Zion.

CONNECT THE SCRIPTURES

Revelation exposes the danger of being lukewarm and unaware.

1 Kings reminds us that Yah may speak through refined stillness rather than spectacle.

2 Timothy warns that people may gather voices that satisfy their desires rather than correct their lives.

Amos exposes the danger of comfortable complacency among those who are near covenant things.

BIBLICAL SYNTHESIS

Numbness can feel like peace.

Comfort can hide erosion.

You may not feel conviction because you have become more aligned—but because you have become less sensitive.

Peace without conviction may not be rest. It may be decay.

PERSONAL AUDIT / PIERCING QUESTION

Has comfort replaced conviction?

When was the last time I was corrected?

When was the last time I adjusted quickly?

When was the last time obedience cost me comfort?

PRACTICAL APPLICATION

Ask Yah to reveal any area where comfort has become more important than obedience.

Do not only ask, “Am I comfortable?”

Ask: “**Am I still responsive?**”

CLOSING PRAYER

Yah, restore my sensitivity to Your voice. Expose every place where comfort has replaced conviction. Keep my lev undivided and responsive to correction. Do not allow me to become comfortable in disobedience. Teach me to recognize Your voice even when it comes quietly. In the name of Yahusha, amein.

WEEK 4

WHY SOME “ANOINTINGS” FEEL EMPTY

Power Without Presence

CORE SCRIPTURES

Matthew 7:21–23

1 Samuel 16:14

2 Timothy 3:5

Acts 19:13–16

READ

Read each passage and observe the difference between activity, authority, relationship, and presence.

OBSERVE

What can people do without truly knowing Yah?

What happens when form remains but presence is absent?

Where does authentic authority come from?

UNDERSTAND THE CONTEXT

Power is not automatically proof of intimacy.

Charisma is not covenant.

Gift is not relationship.

A person can operate in visible activity while becoming internally disconnected.

Matthew 7 reveals the terrifying possibility of activity without relationship: “I never knew you.” The issue was not a lack of works. The issue was the absence of relational connection.

ANCIENT HEBREW KEY WORD STUDY

■■■■■■■ — Mashach

To smear with oil, consecrate, set apart, and authorize for assignment. Anointing is connected to consecrated function—not performance.

■■■■■ — Yada

To know intimately through lived relationship and shared connection. Activity cannot replace yada.

■■■■■■■■■ — Panim

Face, countenance, and relational nearness. To live before Yah’s panim is to remain aware of His presence and accountable to Him.

■■■■■■■ — Shama

To hear with the intent to respond in obedience. Obedience keeps spiritual authority connected to covenant.

CONNECT THE SCRIPTURES

Matthew 7 shows that spiritual activity does not guarantee relationship.

1 Samuel 16 shows that a person may retain position while losing the Ruach.

2 Timothy 3 warns of an external form without genuine power.

Acts 19 demonstrates that the Name cannot be used as a substitute for relationship and covenant authority.

BIBLICAL SYNTHESIS

You can have a platform without presence.

You can have reputation without relationship.

You can have form without power.

Authority cannot be borrowed from someone else's obedience.

PERSONAL AUDIT / PIERCING QUESTION

**Is this power flowing from relationship—or
reputation?**

Is this influence producing humility?

Is this authority producing repentance?

Is this gift producing obedience?

Or is it primarily producing admiration?

PRACTICAL APPLICATION

Evaluate the fruit of the power you are connected to—and the power operating through you.

Do not ask only, "Is it impressive?"

Ask: **"Does it produce transformation?"**

CLOSING PRAYER

Yah, keep me from pursuing power without presence. Teach me to value being known by You above being recognized by people. Let every gift, assignment, and authority remain submitted to covenant obedience. Remove empty form and restore genuine relationship with You. In the name of Yahusha, amein.

WEEK 5

TRUE REST VS. FALSE RELIEF

Relief Reduces Pressure. Rest Restores Authority.

CORE SCRIPTURES

Hebrews 4:1–12

Psalms 23:1–3

Matthew 11:28–30

Isaiah 30:15

Exodus 20:8–11

READ

Read each passage with special attention to the relationship between rest, repentance, obedience, trust, and alignment.

OBSERVE

What does true rest require?

What did the wilderness generation fail to enter?

What does the Shepherd do for the soul?

UNDERSTAND THE CONTEXT

The world is obsessed with relief.

Relief from stress. Relief from pressure. Relief from responsibility. Relief from conviction.

But relief is not the same as rest.

Relief reduces discomfort. Rest restores alignment.

Hebrews warns that it is possible to witness Yah's works and still fail to enter His rest because of disobedience. True rest is not escape from responsibility. It is the stability that comes from returning to covenant alignment.

ANCIENT HEBREW KEY WORD STUDY

■■■■■■■■■ — Menuchah

A resting place, settled inheritance, and stability under Yah's authority.

■■■■■ — Rabats

To lie down securely and settle under protection.

■■■■■ — Shuv

To return, turn back, and realign. Restoration is not merely emotional soothing. It is directional change.

■■■■■■■ — Shavat

To cease, stop striving, and end self-directed labor.

■■■■■ — Nachat

Quiet confidence, settled assurance, and stability produced by trust.

CONNECT THE SCRIPTURES

Hebrews 4 connects entering rest with obedience and warns against repeating Israel's failure.

Psalms 23 reveals a Shepherd who causes His sheep to lie down securely and restores their souls.

Matthew 11 presents Yahusha's yoke as good and beneficial because it brings life into proper order.

Isaiah 30 reveals that strength comes through returning and resting.

Shabbat declares that Yah is the source, provider, and authority—not human striving.

BIBLICAL SYNTHESIS

False relief avoids conviction.

True rest follows repentance.

False relief delays obedience.

True rest strengthens obedience.

False relief removes pressure temporarily.

True rest restores identity, alignment, and authority.

Relief reduces pressure. Rest restores authority.

PERSONAL AUDIT / PIERCING QUESTION

What is feeding me—and what is forming me?

**What am I consuming that produces temporary relief
but no transformation?**

**What connection is shaping my thoughts, desires,
decisions, and obedience?**

PRACTICAL APPLICATION

Identify one place where you have been seeking relief instead of alignment.

Ask Yah what must be surrendered, corrected, or returned to proper order.

Then practice shuv: **Return. Realign. Obey. Rest.**

CLOSING PRAYER

Yah, bring me out of counterfeit relief and into true covenant rest. Teach me to return when I have drifted, cease striving where I have taken control, and trust Your authority as my Shepherd. Restore my soul and bring me back into proper alignment. Form me through true rest so that I may stand in the authority You have assigned to me. In the name of Yahusha, amein.

SERIES SUMMARY

WHAT ARE YOU TRULY CONNECTED TO?

Over these five weeks, we have conducted a spiritual audit.

WEEK 1	Peace or Alignment?	Not all peace is covenant peace.
WEEK 2	Fruit Over Familiarity	Longevity is not proof of life.
WEEK 3	When Comfort Masks Disconnection	Ease can hide erosion.
WEEK 4	Why Some Anointings Feel Empty	Power without presence collapses.
WEEK 5	True Rest vs. False Relief	Alignment produces authority.

The question is not simply:

“What am I connected to?”

The deeper question is:

“What is this connection producing in me?”

Because source determines outcome.

THE FINAL AUDIT

WHAT IS FEEDING ME— AND WHAT IS FORMING ME?

Rest & Reign is not about escaping pressure. It is about standing in covenant alignment.

When you return (shuv), cease striving (shavat), and dwell in menuchah—authority returns.

True rest does not weaken disciples. True rest forms rulers.