



Summer in the Psalms Series- Episode III

Ready for Rest

"Yes, my soul, **find rest** in God; my hope comes from Him. Truly He is my rock and my salvation; He is my fortress, I will not be shaken. My salvation and my honor **depend on God**; He is my mighty rock, my refuge. **Trust in Him** at all times, you people; **pour out your hearts to Him**, for God is our refuge."

Psalm 62:5-8

When we learn to rest in Christ, it ensures greater _____ and _____ in our lives.

"By the seventh day God had finished the work He had been doing; so, on the seventh day **He rested** from all His work. Then God blessed the seventh day and made it holy, because on it **He rested** from all the work of creating that He had done."

Genesis 2:2-3

Resting helps to _____ our priorities.

"Come to Me, all you who are weary and burdened, and **I will give you rest.**" **Matthew 11:28**

Psalms of Rest:

1. The Lord is _____.

"The Lord is **my shepherd**, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He **refreshes my soul**. He guides me along the right paths for His name's sake." **Psalm 23:1-3**

2. The Lord _____ Me.

"I lie down and sleep; I wake again, because **the Lord sustains me.**" **Psalm 3:5**

"**The Lord of Armies** is with us; the God of Jacob is our **stronghold.**" **Psalm 46:7,11 (CSB)**

3. The Lord Is _____.

"If you make the Lord your **refuge**, if you make the Most High your **shelter**, no evil will conquer you; no plague will come near your home." **Psalm 91:9-10 (NLT)**

4. The Lord Is _____.

"**The Lord is near** all who **call out** to him, all who **call out** to him with integrity." **Psalm 145:18 (CSB)**

All scripture is from the New International Version unless otherwise noted.



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When we learn to rest in Christ, it ensures greater productivity and effectiveness in our lives.

“By the seventh day God had finished the work He had been doing; so, on the seventh day **He rested** from all His work. Then God blessed the seventh day and made it holy, because on it **He rested** from all the work of creating that He had done.”

Genesis 2:2-3

Resting helps to reset our priorities.

“Come to Me, all you who are weary and burdened, and **I will give you rest.**” **Matthew 11:28**

Psalms of Rest:

1. The Lord is My Shepherd.

“The Lord is **my shepherd**, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He **refreshes my soul**. He guides me along the right paths for His name’s sake.” **Psalm 23:1-3**

2. The Lord Sustains Me.

“I lie down and sleep; I wake again, because **the Lord sustains me.**” **Psalm 3:5**

“**The Lord of Armies** is with us; the God of Jacob is our **stronghold.**” **Psalm 46:7,11 (CSB)**

3. The Lord Is My Refuge.

“If you make the Lord your **refuge**, if you make the Most High your **shelter**, no evil will conquer you; no plague will come near your home.” **Psalm 91:9-10 (NLT)**

4. The Lord Is Near.

“**The Lord is near** all who **call out** to him, all who **call out** to him with integrity.” **Psalm 145:18 (CSB)**

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