May 12

THE REST YOU NEED

Psalm 23 (ESV)
"The Lord is my shepherd; I shall not want.
2   He makes me lie down in green pastures.
He leads me beside still waters.
3   He restores my soul.
He leads me in paths of righteousness
*   for his name's sake.*

4 Even though I walk through the valley of the shadow of death,
*   I will fear no evil,*
for you are with me;
*   your rod and your staff,*
*   they comfort me.*

5 You prepare a table before me
*   in the presence of my enemies;*
you anoint my head with oil;
*   my cup overflows.*
6 Surely goodness and mercy shall follow me
*   all the days of my life,*
and I shall dwell in the house of the Lord
*   forever."*

HOW GOD GIVES US REST

1.   **Depend on your Shepherd**

2.   **Trust God to refresh your soul**

3.   **Follow God's path**

   2 Timothy 3:16 (NLT)
   "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."

   Psalm 119:105 (NLT)
   "Your word is a lamp to guide my feet and a light for my path."

James 1:22 (NLT)
"But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."

4. **Remember** <u>Remember</u> **God is with you**

Isaiah 43:2 (NLT)
"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."

5. <u>**Appreciate**</u> **what God has given.**

1 Timothy 1:14 (AMP)
"The grace of our Lord [His amazing, unmerited favor and blessing] flowed out in superabundance [for me, together] with the faith and love which are [realized] in Christ Jesus."

Matthew 11:28-30
28 "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.""