

restore
— my soul —



May 28th, 2017 | Sunday AM
Restore my Rest

Psalms 4

1 Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.

2 O ye sons of men, how long will ye turn my glory into shame? how long will ye love vanity, and seek after leasing? Selah.

3 But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him.

4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

5 Offer the sacrifices of righteousness, and put your trust in the Lord.

6 There be many that say, Who will shew us any good? Lord, lift thou up the light of thy countenance upon us.

7 Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

8 I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

1. The _____ of Distress

“Living between the regret of the past and the fear of the future is a terrible neighborhood to live in.”

John 15:4-5 *Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.*

2. The _____ to Distress

The Burden Checklist:

You are not angry at God or others.

You don't respond with sin.

You're in awe of God, not your burden.

You can give it to God and be still.

You're happy, full of peace and your sleep is sweet.

Action Steps:

1. Reach out to God.
 2. Leave it with God.
 3. Rest in Him.
 4. Receive Christ.
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