



**Key #1 For Blest Rest: His Presence**

*Psalm 23:1-6 (NKJV)*

1. **BLESSED REST COMES WHEN WE REALIZE HIS PRESENCE IS WITH US.**

**1 SAMUEL 17:24** *And all the men of Israel, when they saw the man, fled from him and were dreadfully afraid.*

**1 SAMUEL 17:32** *Then David said to Saul, "Let no man's heart fail because of him; your servant will go and fight with this Philistine."*

**1 SAMUEL 17:34-37** *But David said to Saul, "Your servant used to keep his father's sheep, and when a lion or a bear came and took a lamb out of the flock, <sup>35</sup> I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and struck and killed it. <sup>36</sup> Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them seeing he has defied the armies of the living God." <sup>37</sup> Moreover David said, "The LORD, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine." And Saul said to David, "Go, and the LORD be with you!"*

2. **BLESSED REST COMES WHEN YOU PRIORITIZE HIS PRESENCE- SABBATH**

**EXODUS 20:8-11** *"Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.*

3. **BLESSED REST COMES WHEN YOU REST IN HIS PRESENCE**

**MATTHEW 11:28** *Come to Me, all you who labor and are heavy laden, and I will give you*