

WHY?

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Part 2 – Why Am I So Frustrated?
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THE RESTLESS SOUL

Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. **12** When you work the ground, it will no longer yield its crops for you. You will be a **restless** wanderer on the earth.
– Genesis 4:11-12

So what do people get in this life for all their hard work and anxiety? **23** Their days of labor are filled with pain and grief; even at night their minds cannot rest... – Ecclesiastes 2:22-23

✓ **Our souls find rest in GOD ALONE.**

Truly my soul finds rest in God; my salvation comes from him.
– Psalm 62:1

"You have made us for Yourself, O Lord, and our soul is restless until it finds rest in you." – St. Augustine

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." – Matthew 11:28-29

HOW DO WE FIND REST FOR OUR SOULS?

1) BE STILL BEFORE GOD.

Be still in the presence of the Lord, and wait patiently for him to act. – Psalm 37:7

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. – Ecclesiastes 5:2

2) RECOGNIZE UNHEALTHY RHYTHMS.

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." – Mark 2:27

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. **13** For I can do everything through Christ, who gives me strength.
– Philippians 4:12-13

3) REFLECT ON GOD'S GOODNESS.

Let my soul be at rest again, for the Lord has been good to me. **8** He has saved me from death, my eyes from tears, my feet from stumbling. **9** And so I walk in the Lord's presence as I live here on earth! – Psalm 116:7-9

So there is a special rest still waiting for the people of God. **10** For all who have entered into God's rest have rested from their labors, just as God did after creating the world. **11** So let us do our best to enter that rest. – Hebrews 4:9-11