



Be Still - Part 1 - A Psalm of Rest
Pastor Mark Rouse - September 1, 2019

Be still, and know that I am God! I will be honored by every nation.
I will be honored throughout the world. - Psalm 46:10

FROM STRESS TO REST

Psalm 23

● **Correct PERSPECTIVE.**

¹The Lord is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters. - Psalm 23:1-2

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! - Isaiah 26:3

● **Clear PRIORITIES.**

He refreshes my soul. He guides me along the right paths for his name's sake. - Psalm 23:3

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." - Luke 10:41-42

● **Courageous PERSEVERANCE.**

⁴ Even though I walk through the darkest valley, 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. - Psalm 23:4-5

Be joyful in hope, patient in affliction, faithful in prayer.
- Romans 12:12

● **Confident PURSUIT.**

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. - Psalm 23:6

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."
- Matthew 11:28-30

²³ For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread ²⁴ and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me." ²⁵ In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it." ²⁶ For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again. - 1 Corinthians 11:23-26