

**WORKING TO FIND REST
A SABBATH GUIDE FOR KINGDOM WORKERS**

STUDY # 10 “FINDING REST IN SOVEREIGNTY”

Sabbath Quote: Someone has said that Sabbath is a “Selah,” a pause to hear grace, truth and reflect on it.

INTRODUCTION

- “Sabbath workout” . . . **TIS** with “**ak**”
- things out of control . . . can’t possibly rest!

**PSALM 62
OBSERVATIONS/QUESTIONS**

___ stanzas of ___ verses punctuated with 2 _____

verses _____ repeated in verses _____

number of petitions in the psalm ___

little Hebrew word found at the beginning (for emphasis) of verses 1, 2, 4, 5, 6, 9 _____

translated as _____ (1,2,5) _____ (4,6) _____ (9) it is also translated sometimes as _____

who are the “characters” we can identify in this psalm?

1. _____

2. _____

3. _____

4. _____

MEANING/APPLICATION

- so many reasons to be afraid but each has an “ak”

Alexander MacLaren: “That one word [“ak”] is the record of conflict and the trophy of [the psalmist’s] victory.”

- David is training himself in God’s sovereignty --- things are under control . . . not ours but **His!**
- “obsessing” on out of control or “obsessing” on how much control He has
- with all our “limits” we rest in Him Who has none
- silence of submission in the loudness and noise of our world and lies in our head
- illustration: we grow and find Him “bigger”
- Kingdom work = impossible to complete task for us
- Sabbath is a time to get excited all over again about “ak”

“The Sabbath should be to us a tower whereon we should mount aloft to contemplate afar the works of God. When we are not occupied nor hindered by any besides, from stretching forth all our faculties in considering the gifts and graces, which He has bestowed on us. And if we properly apply ourselves to do this on the Sabbath, it is certain that we shall be no strangers to it during the rest of our time and that this meditation shall have so formed our minds, that on Monday and the other days of the week, we shall abide in the grateful remembrance of our God.” John Calvin

TIME TO WORK ON REFLECTION

Make a list of your present circumstances and then make it into a time to personally practice TIS with “ak.”