

My Soul Finds Rest in God Alone – Week Two

Question: How would you define rest? What comes to mind when you think about rest?

Rest in the Lord Always

Question: How can it be that David can rest in the midst of such chaos?

Reflection: Think about your own scale. What things would you put on your scale? What weighs you down, what worries you, what doubts do you have?

Now measure all that with what you know about God. What happens?

Rest in the Lord Only

Question: What are some things that we find “rest” in outside of God?

Question: What does David proclaim about God that gives him such confidence?

Psalm 23:1-4

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he
refreshes my soul.
He guides me along the right paths for
his name’s sake.
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.

Psalm 62 (NIV)

¹ Truly my soul finds rest in God;
my salvation comes from him.
² Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

³ How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

⁴ Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

⁵ Yes, my soul, find rest in God;
my hope comes from him.

⁶ Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God;
he is my mighty rock, my refuge.

⁸ Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

⁹ Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.

¹⁰ Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

¹¹ One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
and with you, Lord, is unfailing love”;
¹² and, “You reward everyone
according to what they have done.”

Wait upon the Lord

Question: What's the connection between waiting and resting?

Reflection: Do you wait on the Lord with confident expectancy? Is your "waiting on the Lord" a restful experience?

Be still before the Lord

Question: Why is silence/stillness an important aspect of rest?

Reflection: Consider how often you are silent/still before the Lord. Is it a normal part of your prayer life? Consider how silence/stillness before the Lord contribute to your ability to rest in Him.

Psalm 62 (ESV)

¹ For God alone my soul waits in silence;
from him comes my salvation.

² He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

⁵ For God alone, O my soul, wait in silence,
for my hope is from him.

⁶ He only is my rock and my salvation,
my fortress; I shall not be shaken.

Hebrew Definitions from the passage:

Soul: "na FOSH" – breathed, refreshed (vs. 1, 5)

Rest/Wait: "doo MEE yah" – confident expectation (vs. 1)

Rest/Wait: "da MOM" – be silent, still (vs. 5)

Trust: "ba TACH" – to confide in, to hope in (vs. 8, 10)

Daniel 3:17-18: *If this be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. ¹⁸ But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up.*

Psalm 37:7: *"Be still before the Lord and wait patiently for him."*

Psalm 46:10: *"Be still, and know that I am God."*

"Waiting on God involves learning that there's something better than knowing all the answers: knowing and trusting the only One who DOES know and will never forsake us. God knows that there will be times when you wish you could be the author of your own story. He knows that his plan will confuse and confound you. And he knows that real rest cannot be found in understanding, because there are things, as a limited human being, you simply do not have the capacity to understand. Real rest is found in trusting the One who is in control of the things you don't understand."

Paul David Tripp