

Ps 62:1 *My soul finds rest in God alone+* Ps 62:5 *Find rest, O my soul, in God alone+*

Ps 116:7 *Be at rest once more, O my soul,* for the LORD has been good to you.

Jer 6:16 This is what the LORD says: "Stand at the crossroads and look; ask where the good way is, and walk in it, and you will find *rest for your souls*."

Mt 11:29 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*.

"Soul Rest" Do you know what I'm talking about?

There is a world of difference between body rest and soul rest.

I can be totally still physically (theoretically speaking— and no wise cracks from you who know me!) and yet be agitated and restless in my soul, finding no refreshment from this supposed *time of rest*.

On the other hand, I can be working incredibly hard and physically worn out while having a calmness and quietness in my soul that makes the physical burden seem as nothing.

Bodies need rest and renewal, and can be renewed comparatively quickly. But no amount of physical rest can renew or restore the soul. Soul rest comes from Jesus Christ, and a heart that reclines in His presence, laying everything into His hands. The opposite of *soul rest* is *soul stress* and its symptoms are legion: anxiety, frustration, envy, anger, pessimism and fear are among them.

Here are some classic *soul stress* case studies: Ps 73; Ps 42; Ps 109; Ps 116; Ps 130; 2 Cor chapters 4, 11, 12
List the examples, causes and cures of soul stress in these passages.

Here are some classic *soul rest* case studies: Psalm 27; Psalm 46; Psalm 62; Psalm 131

List the eternal truths that caused the writer to regain perspective and therefore experience *soul rest*?

Self Check Questions:

1. What are the most common causes for your soul stress? Personal failure, relational conflicts, unmet desires, illness or aging, fear of the future, financial concerns, physical danger, or something else?
2. Do you try to spiritualize *soul stress* by renaming it *concern*?
3. Do you feel that trusting God is just an excuse for laziness or a lack of personal responsibility?
4. What is the difference between trust and irresponsibility?
5. What eternal truths do you need to remind yourself of to keep things in proper perspective?
6. What verse will you memorize this week to help you regain eternal perspective and *soul rest*?

For Further Study: Philippians . consider Paul's circumstances and stress, and compare it with his reaction to incarceration, conflict, and concern. What truths does Paul bring out in the book that shows the basis for his joy and confidence and soul rest in the midst of a potentially lethal situation?

Lord, You know how I struggle to trust You in the midst of stressful circumstances. I often feel like everything is my responsibility to fix. I ask for Your forgiveness, since I know my soul stress doesn't honor You. I am, right now, casting all my soul stress onto You, and I believe Your promise of sovereign direction and provision as my Shepherd. Help me to do what I should do in Your strength, and learn to leave the rest with You. You are worthy of trust, O My King. Be glorified in my soul rest in You. Amen+

Remember, you are very special to us and we pray for you continually. Living with leaving in view.... Jn 9:4
Ron & Val

Seeing The Invisible, embracing The Unapproachable, declaring The Unexplainable, changed by The Immutable, running after The Irresistible with inexhaustible joy in our inexpressible sorrows, spending our time on eternity, owning nothing yet possessing everything that matters and lasts. We are Pilgrims in Paradox. Welcome to THE JOURNEY.