

THE REST YOU NEED

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Six ways to get rest for your soul:

I. DEPEND _____

*“The Lord is **my shepherd**, I shall not be in want.”
Psalm 23:1 (NIV)*

II. TRUST _____

*“He makes me lie down in green pastures, he leads me beside quiet waters, he **refreshes my soul**.”
Psalm 23:2-3a (NIV)*

III. FOLLOW _____

*“**He guides me** in paths of righteousness for his name's sake.”
Psalm 23:3b (NIV)*

*“The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right.”
2 Timothy 3:16 (TLB)*

IV. REMEMBER _____

*“Even though I walk through the valley of the shadow of death, I will fear no evil, for **you are with me**; your rod and your staff, they comfort me.”
Psalm 23:4 (NIV)*

God comforts you through both _____
and _____

*“When you go through deep waters, **I will be with you**. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”
Isaiah 43:2 (NLT)*

V. APPRECIATE _____

*“You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.”
Psalm 23:5 (NIV)*

*“The **grace** of our Lord was poured out on me abundantly, along with the **faith** and **love** that are in Christ Jesus.”
1 Timothy 1:14 (NIV)*

VI. FOCUS _____

*“Surely 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 (NIV)*