

# PAUSE II

WFC

Renew & Rest  
PART TWO

What happens \_\_\_\_\_ us magnifies or accelerates what is already \_\_\_\_\_ us.

It's easy to \_\_\_\_\_ to what's happening to us and \_\_\_\_\_ what's going on within us.

SERIES BIG IDEA:

I will pause in the daily chaos of life and \_\_\_\_\_ to God to \_\_\_\_\_ my soul.

Look up. Look \_\_\_\_\_. Look \_\_\_\_\_.

<sup>1</sup>The Lord is my shepherd; I shall not want.

<sup>2</sup>He makes me lie down in green pastures. He leads me beside still waters.

<sup>3</sup>He restores my soul.

Psalm 23:1-3 (ESV)

A pause helps me \_\_\_\_\_ my need for Jesus and \_\_\_\_\_ control to Him:

- "God, I give everything and everyone to you."
- "Everything I need, I already have in Jesus."

He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23:3 (ESV)

When I am frustrated, angry, worried, disappointed, hurt, or jealous, it's a moment to \_\_\_\_\_.

- What do I \_\_\_\_\_ that I'm not getting that is troubling my soul?
- Who am I looking to or what am I looking for, other than \_\_\_\_\_, to restore my soul?
- What \_\_\_\_\_ (unbelief, disobedience, or selfishness) is breaking my soul?

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 (ESV)

- What am I going through that is causing \_\_\_\_\_ or \_\_\_\_\_?
- Why is my fear or anxiety bigger than my \_\_\_\_\_ in \_\_\_\_\_?

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Psalm 23:5 (ESV)

- What God has \_\_\_\_\_ for me makes my suffering and trials \_\_\_\_\_ it.
- Will I trust God to use tests, trials, and troubles to make me \_\_\_\_\_?

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

Psalm 23:6 ESV

- God's goodness and mercy follow \_\_\_\_\_ only when I follow \_\_\_\_\_.

TEACHING BIG IDEA:

God, You are always with \_\_\_\_\_, and I will forever be with \_\_\_\_\_.

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## Renew & Rest PART TWO

*<sup>6</sup>In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. <sup>7</sup>These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. <sup>8</sup>Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, <sup>9</sup>for you are receiving the end result of your faith, the salvation of your souls.*

1 Peter 1:6-9 (NIV)

### TAKE A 60 SECOND PAUSE TWICE A DAY TO LOOK UP, LOOK WITHIN, & LOOK AHEAD:

- "God, I give everything and everyone to You."
- "Everything I need, I already have in Jesus."
- "You are always with me, and I will forever be with You."

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### TEACHING SUMMARY:

In this day and age of mountains of 'information' at our fingertips it is hard to know who and what to trust. It is hard to know which voice to listen to and which set of 'facts' are the ones that we should adhere to following.

Many people become skeptical of everything and it has become common practice to lead with skepticism than trust.

It is quite possible that this way of living is a product of our culture but it also may be that this is a product of people not taking time to listen to the voice of the only One worthy of our trust. The voice of our Good Shepherd who is with us now and who, if we place our lives in His hands, we can and will be with forever.

Take some time this week and focus on what is keeping you from complete release to the Good Shepherd and how you can find Hope as you look ahead to His promises of rest and renewal for all who call upon His name.

### TALK IT OVER:

What are some things, people, or ideas that you turn to in times of trials before you turn to God? Why do you think that is?

What is it that you are wanting and not getting that leads to trouble in your soul?

What is keeping you from trusting Jesus completely in those difficult moments? What does that tell you about your soul and your relationship with God?

What does this teach you about the heart of Christ?

What is one next step you can take based on today's teaching?

How can we be praying for you?

### FURTHER READING:

Day 1: 1 John 4:1-6

Day 2: Philippians 4:5-7

Day 3: Mark 7:21-23

Day 4: James 1:2-8

Day 5: John 14:1-4