

# PAUSE II

WFC

Renew & Rest  
PART TWO

What happens to us magnifies or accelerates what is already within us.

It's easy to point to what's happening to us and ignore what's going on within us.

SERIES BIG IDEA:

**I will pause in the daily chaos of life and turn to God to renew my soul.**

**Look up. Look within. Look ahead.**

<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 recognize my need for Jesus and release 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 pause.**

- **What do I want that I'm not getting that is troubling my soul?**
- **Who am I looking to or what am I looking for, other than God, to restore my soul?**
- **What sin (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 fear or worry?**
- **Why is my fear or anxiety bigger than my faith in God?**

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 prepared for me makes my suffering and trials worth it.**
- **Will I trust God to use tests, trials, and troubles to make me stronger?**

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 me only when I follow Him.**

TEACHING BIG IDEA:

**God is always with me and I will forever be with Him.**

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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:

### TALK IT OVER:

### FURTHER READING: