

## FIND REST FOR YOUR SOUL

### Escaping the Speed Trap Part 1

Jeff Wall

*“The Lord is my shepherd; I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. He guides me in paths of righteousness for His name’s sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 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 23:1-6 (NIV)

#### **A simplified heart...**

1. Starts with the awareness that I have a \_\_\_\_\_.

*“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”* Genesis 2:7 (KJV)

2. Means finding my \_\_\_\_\_.

*“See how very much our heavenly Father loves us, for He allows us to be called His children, and we really are!”* 1 John 3:1 (NLT)

*“Now you are no longer a slave but God’s own child. And since you are His child, everything He has belongs to you.”* Galatians 4:7 (NLT)

Along the journey, every Christ-follower must answer the question.

“Is Jesus \_\_\_\_\_?”

3. Means \_\_\_\_\_ my soul.

*“Remember to observe the Sabbath day by keeping it holy. Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the Lord your God.”* Exodus 20:8-10a (NLT)

4. Results in \_\_\_\_\_ at its best

Direction

Care and healing

Protection

Gratitude

Security

Confident future

## How do I get there?

- Make an informed decision
- Get some help
- Take a “next step” this week \_\_\_\_\_.

*“Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life. I’ll show you how to take a real rest. Walk with Me and work with Me — watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with Me and you’ll learn to live freely and lightly.” Matthew 11:28-30*  
(Msg)