GROUNDED

July 27, 2025 REST



3. Rest you in

the right time he will lift you up in honor."

Peter 5:6 (NLT) – "So humble yourselves under the mighty power of God, and at

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake."

affirm, for God can be trusted to keep his promise."

tumble into the deepest sea."

Psalm 46:1–2 (CEV) – "God is our mighty fortress, always ready to help in times of trouble. And so, we won't be afraid! Let the earth tremble and the mountains

| | Psalm 23:1–3 (NIV) | Peter 5:6 $^{(NLT)}$ – "So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor." |
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| Rooted in God's Rhythm | | Psalm 37:7 (CEV) – "Be patient and trust the Lord. Don't let it bother you when |
| 1. | Rest isn't | all goes well for those who do sinful things." Proverbs 24:27 (GNT) – "Don't build your house or establish a home until your fields are ready, and you are sure that you can earn a living." "Holy Spirit, do a deeper work in me than I've allowed before." |
| | Matthew 11:28–30 (NLT) – "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest Let me teach you and you will find rest for your souls." | |
| | Leviticus 25:4 ^(CEV) – "Every seventh year the land must rest. That special year is the LORD's way of telling you to leave your fields alone and not plant any crops." | |
| | Isaiah 30:15 $^{(ESV)}$ – "In returning and rest you shall be saved; in quietness and in trust shall be your strength." | |
| | Mark 6:31 (NLT) – "Let's go off by ourselves to a quiet place and rest awhile." | NOTES: |
| 2. | Rest you in | |
| | Isaiah 40:31 ^(CEV) – "Those who trust the Lord will find new strength. They will be strong like eagles soaring upward on wings; they will walk and run without getting tired." | |
| | Lamentations 3:22–23 ^(NLT) – "The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." | |
| | Exodus 16:4–5 (GNT) – "The Lord said to Moses, 'I will send bread down from | |
| | heaven for you to eat. Each day the people should go out and gather only what they need for that day. In this way I will test them to see if they will follow | |
| | my instructions.'" | |
| | Hebrews 10:23 (NLT) – "Let us hold tightly without wavering to the hope we | |