

Definition of Rest:

Rest is possessing the peace, blessing and victory that God has promised to His people.

Rest is a special type of faith that enables us to be in pressure and conflict and still remain calm and at peace.

REST

1. Rest in His Provision – Don't Worry

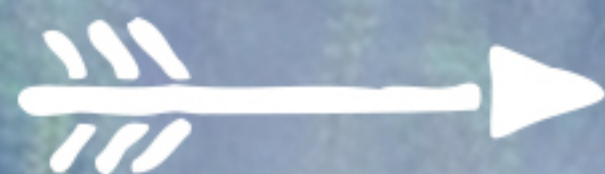
2. Rest in His Process – Don't Resist:

REST

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- 1. Rest in His Provision – Don't Worry**
 - 2. Rest in His Process – Don't Resist**
 - 3. Rest in His Protection – Don't Run**

REST

REST IN HIS PROTECTION



¹The Lord is my Shepherd, I lack nothing.
²He makes me lie down in green pastures, he
leads me beside quiet waters, ³he refreshes
my soul. He guides me along the right paths
for his name's sake. ⁴Even though I walk
through the darkest valley, I will fear no evil,
for you are with me; your rod and your staff,
they comfort me.

Psalm 23 (NIV)

REST

⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶Surely your 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 (NIV)

REST

⁴Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Psalm 23:4-6 (NIV)

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Rest in His Protection Against Fear:

Even though I walk through the darkest valley, I will **fear no evil**, for you are with me; your rod and your staff, they comfort me.

Psalm 23:4 (NIV)

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Rest in His Protection Against Fear:

Fear is to be worried, anxious or afraid of someone or something; It's being focused on an unknown danger.

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Rest in His Protection Against Fear

FEAR Defined:

- F**eelings
- E**merge
- A**gainst
- R**eason

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Rest in His Protection Against Fear

Rest doesn't have to:

-**See** to rest

-**Know** to rest

-Be **Sheltered** to rest

Rest is FAITH in the protection of God.

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Rest in His Protection Against Fear

God has a Two-Fold Readiness to Protect His sheep:

1. His Rod to strike

2. His Staff to guide and steer from danger

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Rest in His Protection Against Enemies

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)

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Rest in His Protection Against Enemies

The presence of the Enemy is always trumped by the presence of God.

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Rest in His Protection Against Enemies

The 3 Ways He Protects Us:

1. He feeds us in the presence of the Enemy
2. He anoints us in the presence of the Enemy
3. The Enemy is forced to watch

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Rest in His Protection Against Enemies

God wants to nourish us in the midst of our conflicts.

God wants to make us prosperous through the process of conflict.

God promises to back the Enemy down **while** our cup overflows.

REST