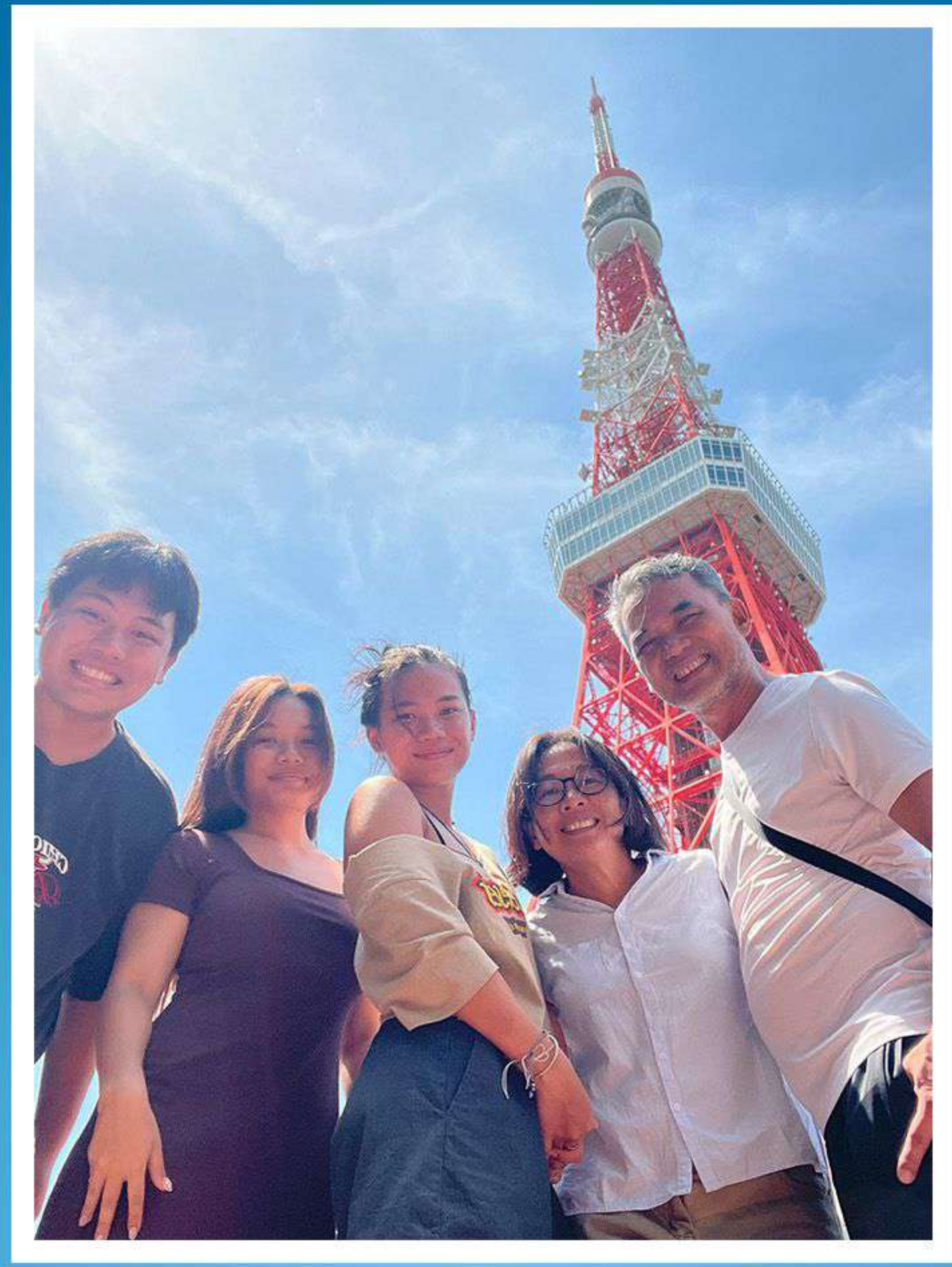


LESSONS FROM PSALMS

# FINDING REST



  
EVERY NATION  
CHURCH · MALAYSIA





# Rest as Resistance to Self-Sufficiency

# Rest as Resistance to Self-Sufficiency

God wants us to **rest** in Him

God is **sufficient**



# Self-sufficient

*adjective*

able to

- provide everything you need,
  - take care of yourself,
  - be happy, OR
  - deal with problems,
- WITHOUT** help from other people

Save Me, O My God

A Psalm of David, when he fled from Absalom his son.

<sup>1</sup>O LORD, how **many** are my foes!

**Many** are rising against me;

Psalm 3

Save Me, O My God

A Psalm of David, when he fled from Absalom his son.

<sup>1</sup> O LORD, how **many** are my foes!

**Many** are rising against me;

<sup>2</sup> **many** are saying of my soul,

“There is no salvation for him in God.”

Psalm 3



<sup>3</sup> But you, O LORD, **are a shield about me,**  
my glory, and **the lifter of my head.**

## Psalm 3









**“By the all-powerful dispensations of Providence, I have been protected beyond all human probability or expectation; for I had four bullets through my coat, and two horses shot under me, yet [I] escaped unhurt, although death was leveling my companions on every side of me!”**

- George Washington





“I called to my young men and said, mark yon tall and daring warrior [Washington]? Himself is alone exposed. Quick, let your aim be certain, and he dies.

“Our rifles were levelled, *rifles which*, but for you, *knew not how to miss—’twas all in vain, a power mightier far than we, shielded you...*

“I am come to pay homage to the man who is the particular favorite of Heaven, and who can never die in battle.”

- The Indian Chief



**4 I cried aloud** to the LORD, and **he answered me** from his holy hill. **5 I lay down and slept; I woke again, for the LORD sustained me.** **6 I will not be afraid of many thousands of people** who have set themselves against me all around.

## Psalm 3



**How could David sleep when there were  
thousands and thousands of his foes  
just waiting to pounce on him?**



How could David sleep when there were  
thousands and thousands of his foes  
just waiting to pounce on him?

He had confidence in the Lord



And it was told David, "Ahithophel is among the conspirators with Absalom." And David said, "**O LORD, please turn the counsel of Ahithophel into foolishness.**"

**2 Samuel 15:31**

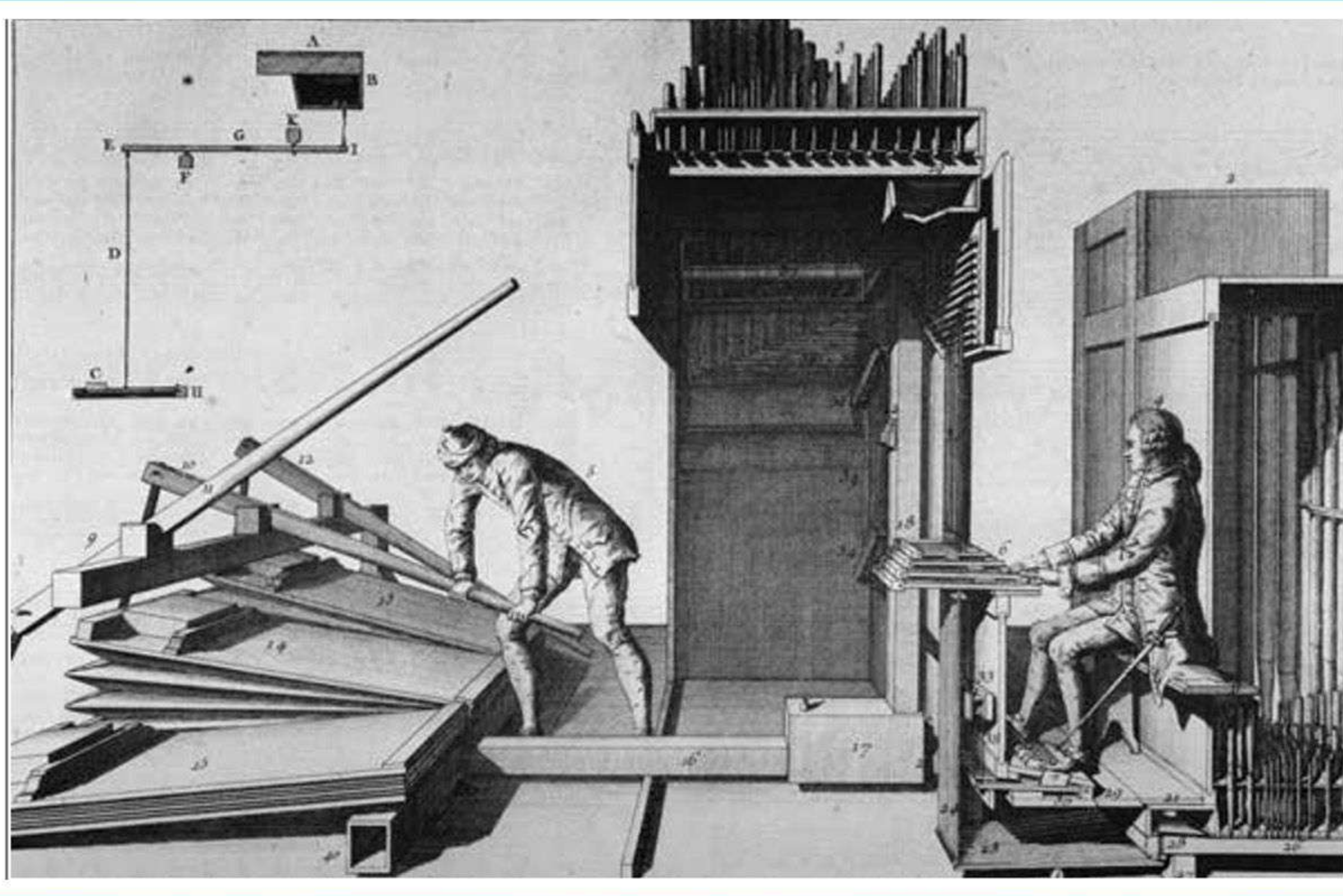


<sup>32</sup> When David arrived at the summit, where people used to worship God, Hushai the Arkite was there to meet him, his robe torn and dust on his head. <sup>33</sup> David said to him, “If you go with me, you will be a burden to me. <sup>34</sup> But if you return to the city and say to Absalom, ‘Your Majesty, I will be your servant; I was your father’s servant in the past, but now I will be your servant,’ **then you can help me by frustrating Ahithophel’s advice**

**2 Samuel 15**



# Pipe Organ





<sup>7</sup> Arise, O LORD! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked.

<sup>8</sup> **Salvation belongs to the LORD;** your blessing be on your people!

Psalm 3



**How do you rest from  
self-sufficiency?**



# How do you rest from self-sufficiency?

**CHOOSE** to trust the Lord

Look **Back**

Look **Up**

Look **Forward**