

LESSONS FROM PSALMS

FINDING REST



EVERY NATION
CHURCH • PENANG

LESSONS
FROM PSALMS

A RHYTHM OF REST

LESSONS
FROM PSALMS

REFUGE

4

WEEKS

LESSONS
FROM PSALMS

REJOICING

LESSONS
FROM PSALMS

REVELATION

Self-Sufficiency:
The Ability to Provide
for Oneself Without
Relying on Others.





Danger of Self-Sufficiency:

What seems like **STRENGTH** can become a burden when it fosters the belief that we must always be in control, excluding reliance on God.

Rest is a powerful act of
resistance against the culture
of self-sufficiency.

LESSONS
FROM PSALMS

RESISTANCE

PSALM 3

PROBLEM STATEMENT

1 Lord, how many are my foes! How many
rise up against me!

2 Many are saying of me, “God will not
deliver him.”

Psalm 3:1-2

GOD'S CHARACTER

3 But you, Lord, are a shield around me,
my glory, the One who lifts my head high.

4 I call out to the Lord, and he answers me
from his holy mountain.

Psalm 3:3-4

FAITH & TRUST

**5 I lie down and sleep; I wake again,
because the Lord sustains me.**

**6 I will not fear though tens of
thousands assail me on every side.**

Psalm 3:5-6

SURRENDER & REST

7 Arise, Lord! Deliver me, my God!
Strike all my enemies on the jaw; break
the teeth of the wicked.

8 From the Lord comes deliverance.
May your blessing be on your people.

Psalm 3:7-8

Rest is More Than a Physical Need:
It's a Spiritual Act of Trust and
Defiance Against the Idol of Self-
Sufficiency

1. The Temptation of Self-Sufficiency

- Human life is a constant battle between choosing hope in God and hope in other things.
- Self-sufficiency often leads to spiritual isolation. Believing that we can manage without God creates a barrier between us and His provision.



1. The Temptation of Self-Sufficiency

David acknowledges that his protection and honor come not from his own abilities, but from God.

“But you, Lord, are a shield around me, my glory, the One who lifts my head high.”

Psalm 3:3





2. Resting Amidst the Storm

One of the most striking aspects of Psalm 3 is David's ability to find rest amidst turmoil.

"I lie down and sleep; I wake again, because the LORD sustains me."

Psalm 3:5



2. Resting Amidst the Storm

- Rest is an act of resistance and faith.
- It reflects a profound faith in God's character.
- God is not passive but actively defending us.



3. The Blessing of Surrender

David's final words in Psalm 3 are a testament to the peace and rest that comes from surrendering to God.

“From the LORD comes deliverance. May your blessing be on your people.”

Psalm 3:8



3. The Blessing of Surrender

- When we surrender, we acknowledge God's sovereignty, trusting that His plans and purposes are higher and better than our own.
- Surrender brings peace by releasing the burden of control and anxiety.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30

The act of resting in God is a powerful declaration of our **DEPENDENCE on Him** and a powerful act of resistance against the culture of self-sufficiency.

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PSALM 3