

## SPECIAL SERMON: "Rest For Your Souls"

### INTRODUCTION

- God desires that His children experience rest for their souls.  
Psalm 37:7, 116:7; Jeremiah 6:16; Matthew 11:28-30
- In Psalm 131:2, David compares his **soul** to that of a weaned child.

"When a hungry child is placed on his mother's lap, he is agitated. He roots around, squirming anxiously. If he doesn't get immediate attention and satisfaction, he frets and fusses. He is frustrated and peevish because he wants something. His emotions range over the whole spectrum of noisy, negative emotion. . . But then have you ever seen that same child . . . when he is successfully weaned? . . . Now when that child is placed in his mother's lap, he sits quietly, giving his attention in a different direction. The child rests upon his mother, at peace. . . **Envision your own soul as a small child sitting on your lap.**" (David Powlison)

### CHARACTERISTICS OF A SOUL AT REST (PSALM 131:1-3)

#### A. A Soul at Rest has a Humble Perspective (v.1)

- **My heart** – The term "**heart**" is used over 700 times in Scripture and refers to the seat of a person's thoughts, desires and emotions.
- **not lifted up** – David did not see himself as lofty and high, impressive or indispensable.
- **my eyes are not raised too high**: David did not have "haughty eyes" (Prov. 6:16-17). His eyes were not filled with judgment and criticism of others.

"[David] left it entirely to God to remove Saul and Ishbosheth. He let Shimei curse. He left Jerusalem before Absalom. Submission to God's guidance, . . . contentment with that which was allotted to him, are the distinguishing traits of his noble character." (Franz Delitzsch)

#### B. A Soul at Rest has a Disciplined Focus (v.2)

- **I do not occupy myself** – "An impressive triple negative" with verse 1. The term occupy can be translated "to walk" or "to walk about."
- **things that are too great and too marvelous for me** – The language of *great and marvelous things* is language used to describe the acts of God. (Ps 71:19, 86:10, 1 Chr 16:24)

Examples:

- **Only God** can change a person's heart (Ezek 36:26).
- **Only God** can take care of tomorrow (Matt 6:34).
- **Only God** can explain the mysteries of life. (Isa 55:8-9).

#### C. A Soul at Rest has a Fruitful Ministry (v.3)

- **hope in the LORD** – Because David's heart was at rest, out of his mouth came words of hope and encouragement.
- **from this time forth and forevermore** – There is hope for every situation in life. (Rom 15:4, 13)
- **Key Point:** Heart sanctification results in hope-giving, life-giving conversational ministry.

# Sermon Application Questions

May 26, 2019

## REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged or confused you?

## PERSONAL RESPONSES

1

What were your thoughts on the illustration of the "weaned child" in Psalm 131:2? What are some examples of issues in our lives that cause our souls to become noisy and agitated?

2

David disciplined his soul not to concern himself with "things too great and too marvelous for me." What was your response to this idea of "disciplined focus"?

## DIGGING DEEPER

1

Take some time and reflect on some of the key passages related to this week's sermon. Ask the Lord for help in making application of these truths to your life.

### **Psalm 116:7**

Return, O my soul, to your rest; for the LORD has dealt bountifully with you.

### **Jeremiah 6:16**

Thus says the LORD: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. But they said, 'We will not walk in it.'"

### **Psalm 37:7**

Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

### **Luke 10:41-42**

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

### **Isaiah 46:3-4**

Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from before your birth, carried from the womb; even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save.

### **Romans 15:4**

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

### **Romans 15:13**

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

2

**Memorize Psalm 131:1-3.** Write down some examples of situations that you might be able to use this Psalm in everyday life.

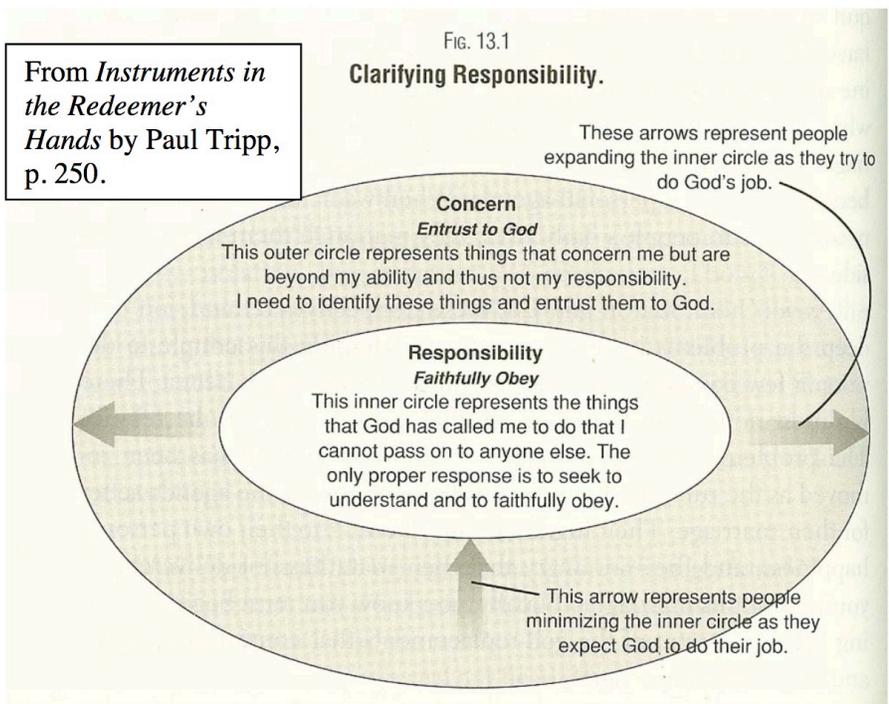
**PERSONAL APPLICATION**

1

Consider Paul Tripp’s diagram of the “Circles of Responsibility and Concern” in a believer’s life.

The **Circle of Responsibility** represents the sphere in which God has called us to be **faithful to obey**.

The **Circle of Concern** represents things that are **beyond my ability** to perform. This represents the sphere in which I am called to trust God for.



- What happens when you try to expand your circle of responsibility for things that only God can fulfill?
- What happens when you shrink your circle of responsibility?
- What are some ways that you try to expand the circle of responsibility in your life?

2

One of the marks of a humble person is a heart that is quick to encourage and affirm others. Who is one person that you would like to encourage this week? What is an action step that you will take to bless and to affirm that person in the Lord?

✓ **Person to Affirm:** \_\_\_\_\_

✓ **Action Step:** \_\_\_\_\_