**Stand-Alone …REST Pastor David King**

(Proverbs 17:24 GNT)An intelligent person aims at wise action, but a fool starts off in many directions.

My \_\_\_\_\_\_\_\_\_\_\_\_\_ is lower.

(Luke 21:34 NIV) “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.”

My **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** are inconsistent.

(Job 9:25 NCV) “My days go by faster than a runner; they fly away without my seeing any joy.”

My \_\_\_\_\_\_\_\_\_\_\_\_ suffers.

(Proverbs 21:5 MSG) Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

My \_\_\_\_\_\_\_\_\_\_ meaning.

(Psalms 39:6 NLT) We are merely moving shadows, and all our busy rushing ends in nothing. We heap up wealth, not knowing who will spend it.

My \_\_\_\_\_\_\_\_\_\_\_\_\_\_ seems distant.

(Psalms 46:10) “Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

(Ecclesiastes 4:6 GNV) Better is a handful with quietness, than two handfuls with labor and vexation of spirit.

The distance between the truth \_\_\_\_\_\_\_ and the truth \_\_\_\_\_\_\_ equals the pain I experience.

**What will I do?**

(Hebrews 4:9-11 NIV) There remains, then, a Sabbath-rest for the people of God; **10**for anyone who enters God’s rest also rests from their works,[[a](https://www.biblegateway.com/passage/?search=Hebrews+4%3A9-11&version=NIV#fen-NIV-30025a)] just as God did from his. **11**Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

1. I will \_\_\_\_\_\_ my body.

(Psalms 127:2) In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.

1. I will \_\_\_\_\_\_\_\_\_\_ my soul

with \_\_\_\_\_\_\_\_\_\_\_.

(Psalms 23:2-3) He makes me lie down in green pastures, he leads me beside quiet waters, **3**he refreshes my soul. He guides me along the right paths for his name’s sake.

with \_\_\_\_\_\_\_\_\_\_\_\_\_.

(Proverbs 17:22) A cheerful heart is good medicine, but a crushed spirit dries up the bones.

with \_\_\_\_\_\_\_\_\_\_.

(Hebrews 10:25) not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more, as you see the Day approaching.

1. I will \_\_\_\_\_\_\_\_\_ my spirit.

(Psalms 92:1-2) It is good to praise the Lord and make music to your name, O Most High, **2**proclaiming your love in the morning and your faithfulness at night.

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