



Heart Song

Quietness & Rest

According to Psalm 62 quietness and rest is to be part of our lives in three ways:

1. _____, verses 1-4

(Psalm 62:3-4) So many enemies against one man— all of them trying to kill me. To them I'm just a broken-down wall or a tottering fence. 4They plan to topple me from my high position. They delight in telling lies about me. They are friendly to my face, but they curse me in their hearts. .. [paraphrase]

2. _____, verses 1, 2, 5-7

(Exodus 20:3) ""You shall have no other gods before Me."

3. _____ others, verses 8-12

(Matthew 11:28-30) ""Come to Me, all you who labor and are heavy laden, and I will give you rest. {29} "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. {30} "For My yoke is easy and My burden is light.""

(Psalm 62:9) We humans are only a breath; none of us are truly great. All of us together weigh less than a puff of air. [paraphrase]

(Luke 12:16-20) "Then He spoke a parable to them, saying: "The ground of a certain rich man yielded plentifully. {17} "And he thought within himself, saying, 'What shall I do, since I have no room to store my crops?' {18} "So he said, 'I will do this: I will pull down my barns and build greater, and there I will store all my crops and my goods. {19} 'And I will say to my soul, "Soul, you have many goods laid up for many years; take your ease; eat, drink, and be merry.'" {20} "But God said to him, 'Fool! This night your soul will be required of you; then whose will those things be which you have provided?'"

