

RETURN TO YOUR REST

Sabbatical Reflections

Psalm 116

Fellowship 
CHURCH

Doing vs. Being



The Human Soul

- We are to love the Lord with our souls.

You shall love the Lord your God with all your heart and with all your soul and with all your might.

DEUTERONOMY 6:5

The Human Soul

- We are to love the Lord with our souls.
- The Word of God revives our souls.

*The law of the Lord is perfect,
reviving the soul,*

PSALM 19:7

The Human Soul

- We are to love the Lord with our souls.
- The Word of God revives our souls.
- The soul is the deepest part of who you are, and it can be troubled.

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

PSALM 42:11

The Human Soul

- We are to love the Lord with our souls.
- The Word of God revives our souls.
- The soul is the deepest part of who you are, and it can be troubled.
- The soul needs God.

*My soul longs, yes, faints
for the courts of the Lord*

PSALM 84:2

Doing

Being

vs.

The things
we do

Who we are
(*Our souls*)



- 1 I love the Lord, because he has heard my voice and my pleas for mercy.
- 2 Because he inclined his ear to me, therefore I will call on him as long as I live.
- 3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.
- 4 Then I called on the name of the Lord:
“O Lord, I pray, deliver my soul!”
- 5 Gracious is the Lord, and righteous; our God is merciful.

PSALM 116:1-9

6 The Lord preserves the simple;
when I was brought low, he saved me.

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

8 For you have delivered my soul from death,
my eyes from tears,
my feet from stumbling;

9 I will walk before the Lord
in the land of the living.

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How do we nourish our souls?

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How do we nourish our souls?

1. Regular patterns of solitude with the Lord.
2. Discipline the “noise” and time-wasters in your life.
3. Solitude, not isolation. BE in fellowship with other believers regularly.

Precious in the sight of the Lord
is the death of his saints.

O Lord, I am your servant

PSALM 116:15

**RETURN, O MY SOUL, TO YOUR REST;
FOR THE LORD HAS DEALT BOUNTIFULLY
WITH YOU.**

Psalm 116:7

Come to me, all who labor and are heavy laden, and I will give you rest. 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.***

MATTHEW 11:28-29

