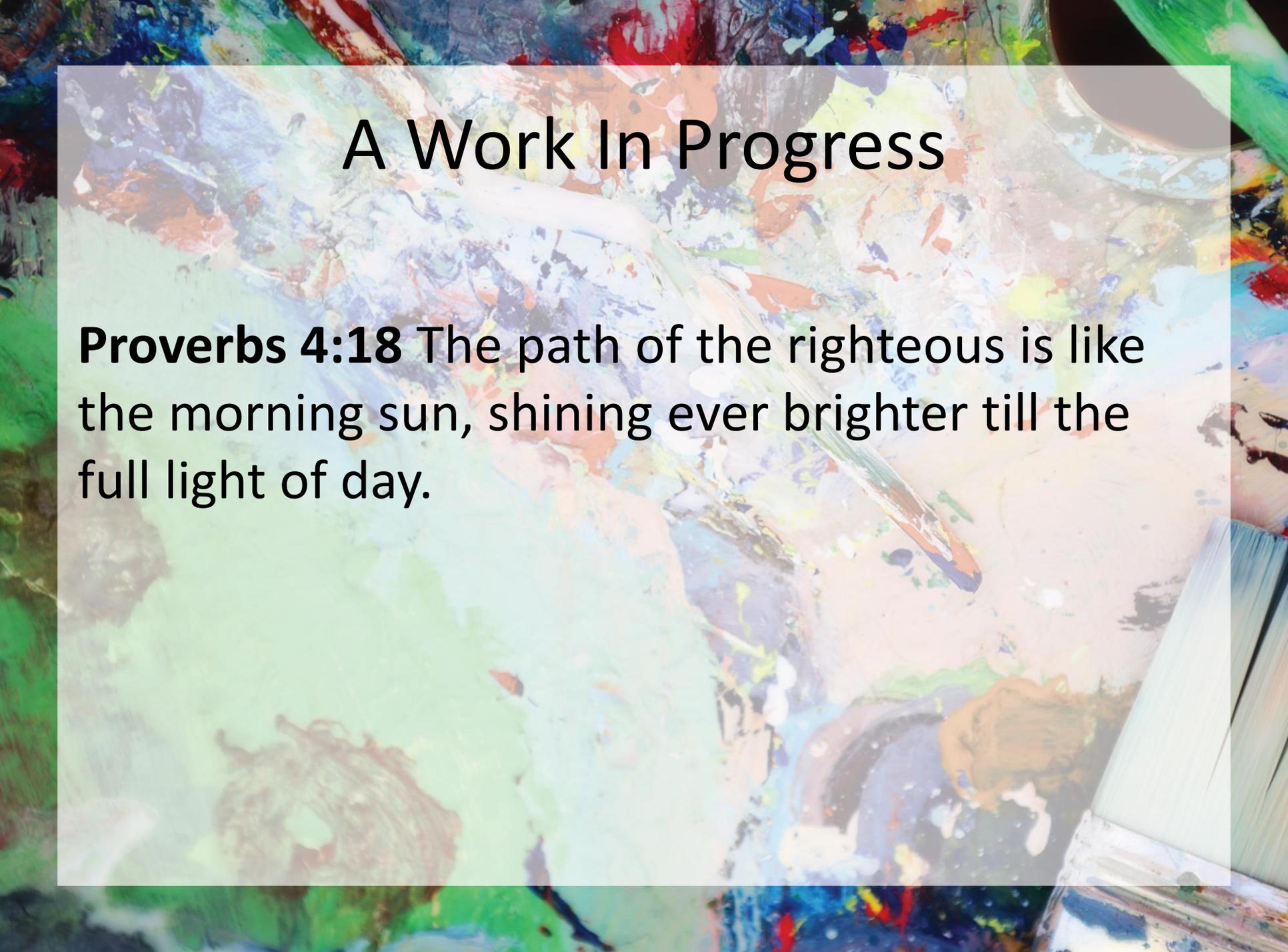




# **A WORK IN PROGRESS**

*Psalms for Sticking with God's Work in You*



# A Work In Progress

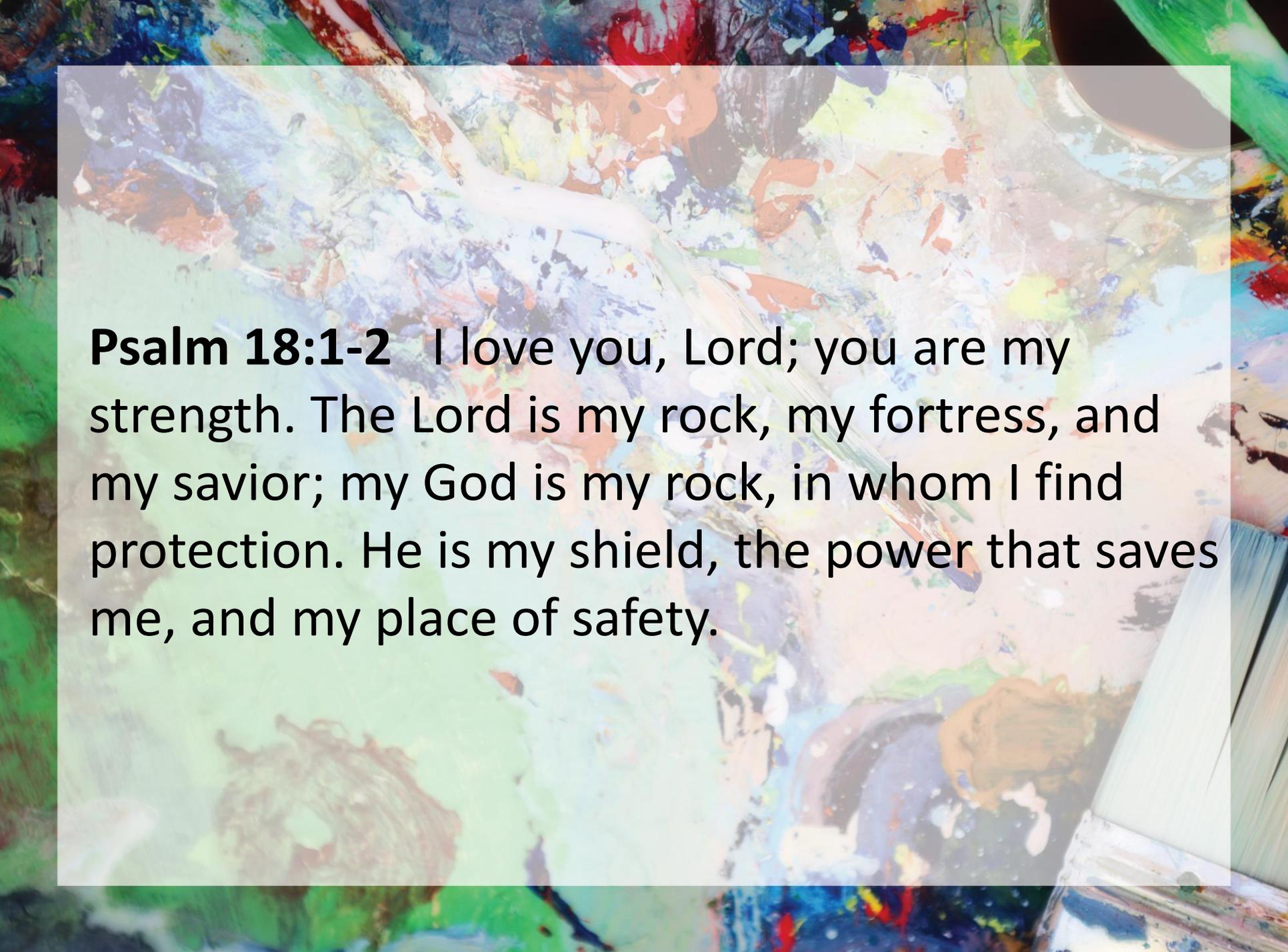
**Proverbs 4:18** The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

The background is a rich, abstract painting with a variety of colors including red, blue, green, yellow, and white. The brushstrokes are visible and expressive. In the bottom right corner, a portion of a white artist's palette and several paintbrushes are visible, suggesting an active studio environment.

# Refuge and Rest







**Psalm 18:1-2** I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.



**God both empowers us to stand  
against and gives us a safe place  
to retreat to**

**Psalm 57:1** Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

**Psalm 62:1** Truly my soul finds rest in God; my salvation comes from him.



**Rest and refuge is a gift from God that  
He wants us to experience**

**Psalm 18:19** He led me to a place of safety; he rescued  
me because he delights in me

**Taking refuge in God and finding rest  
is not a distraction, denial or plan B**

**Wheels up, sale's on!  
Wanna get away?**

One-way as low as\*

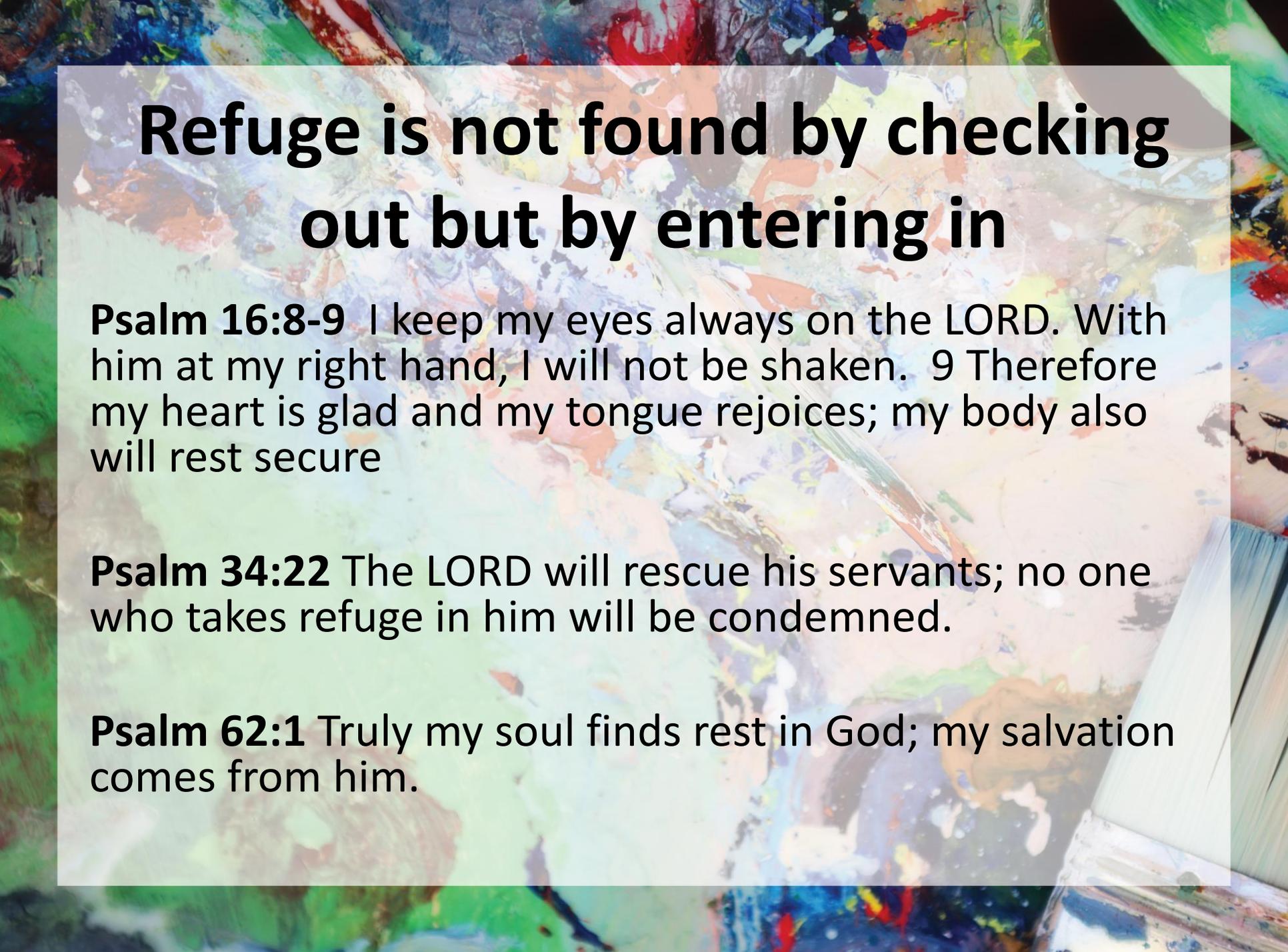
**\$59**

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\*Restrictions and exclusions apply. 21-day advance purchase required. Seats and days limited. Select markets. Book 1/3-1/26.



Southwest

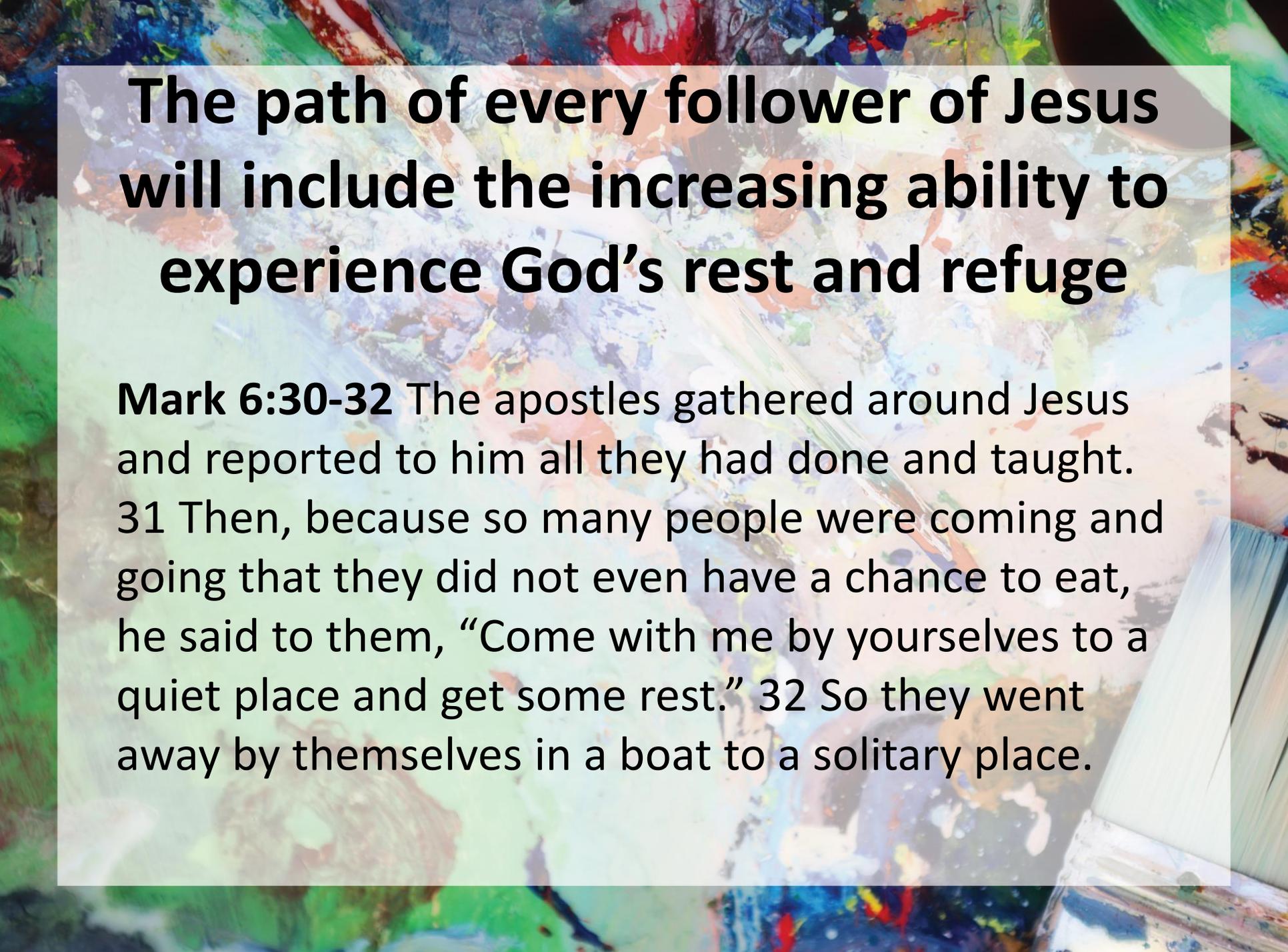


# Refuge is not found by checking out but by entering in

**Psalm 16:8-9** I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. 9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure

**Psalm 34:22** The LORD will rescue his servants; no one who takes refuge in him will be condemned.

**Psalm 62:1** Truly my soul finds rest in God; my salvation comes from him.



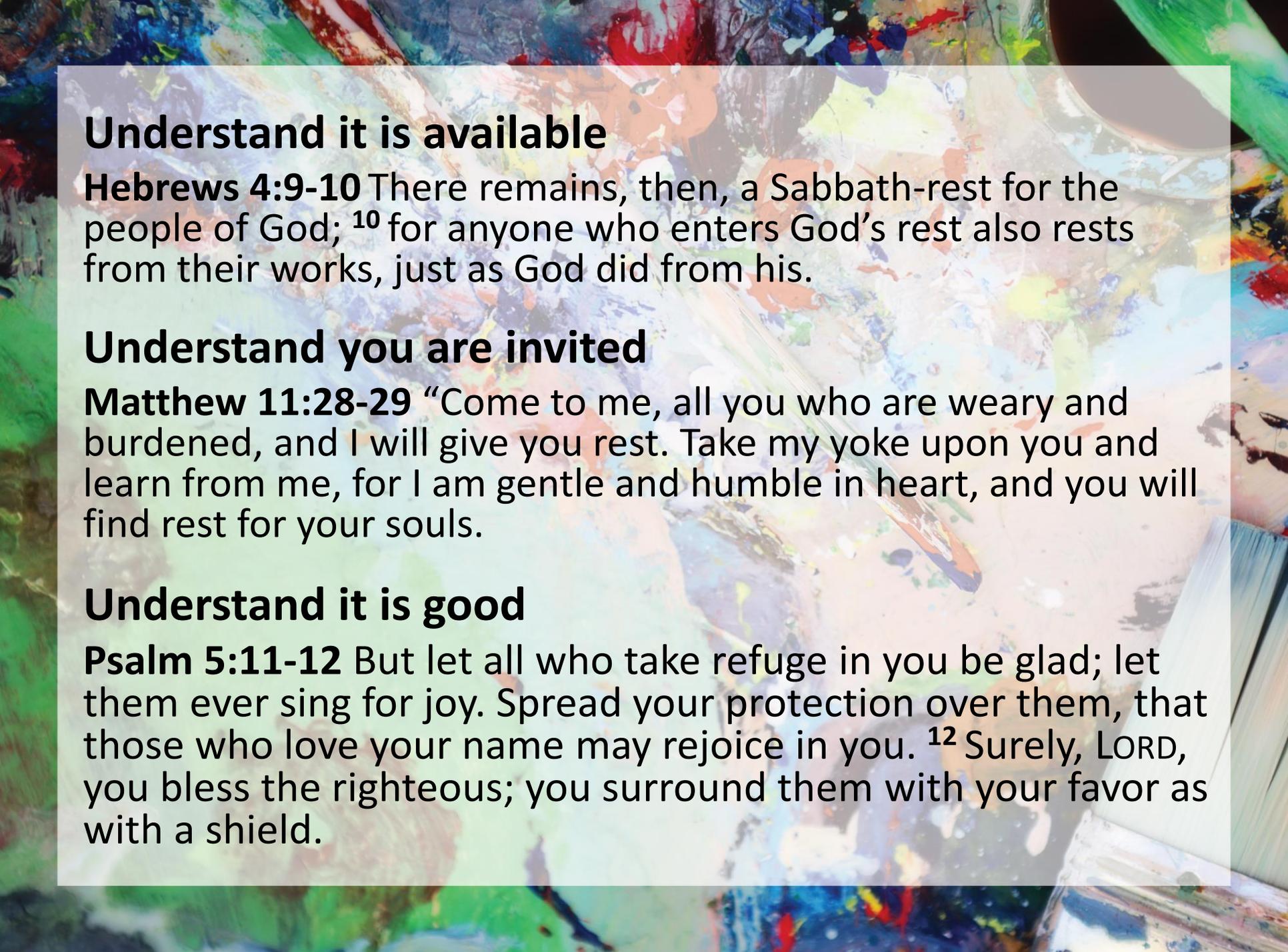
# The path of every follower of Jesus will include the increasing ability to experience God's rest and refuge

**Mark 6:30-32** The apostles gathered around Jesus and reported to him all they had done and taught. 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." 32 So they went away by themselves in a boat to a solitary place.



# **How do we take refuge in God and experience His rest?**

- **Understand it is available**
- **Understand you are invited**
- **Understand it is good**
- **Understand your flesh will resist**
- **Understand it requires effort**



## **Understand it is available**

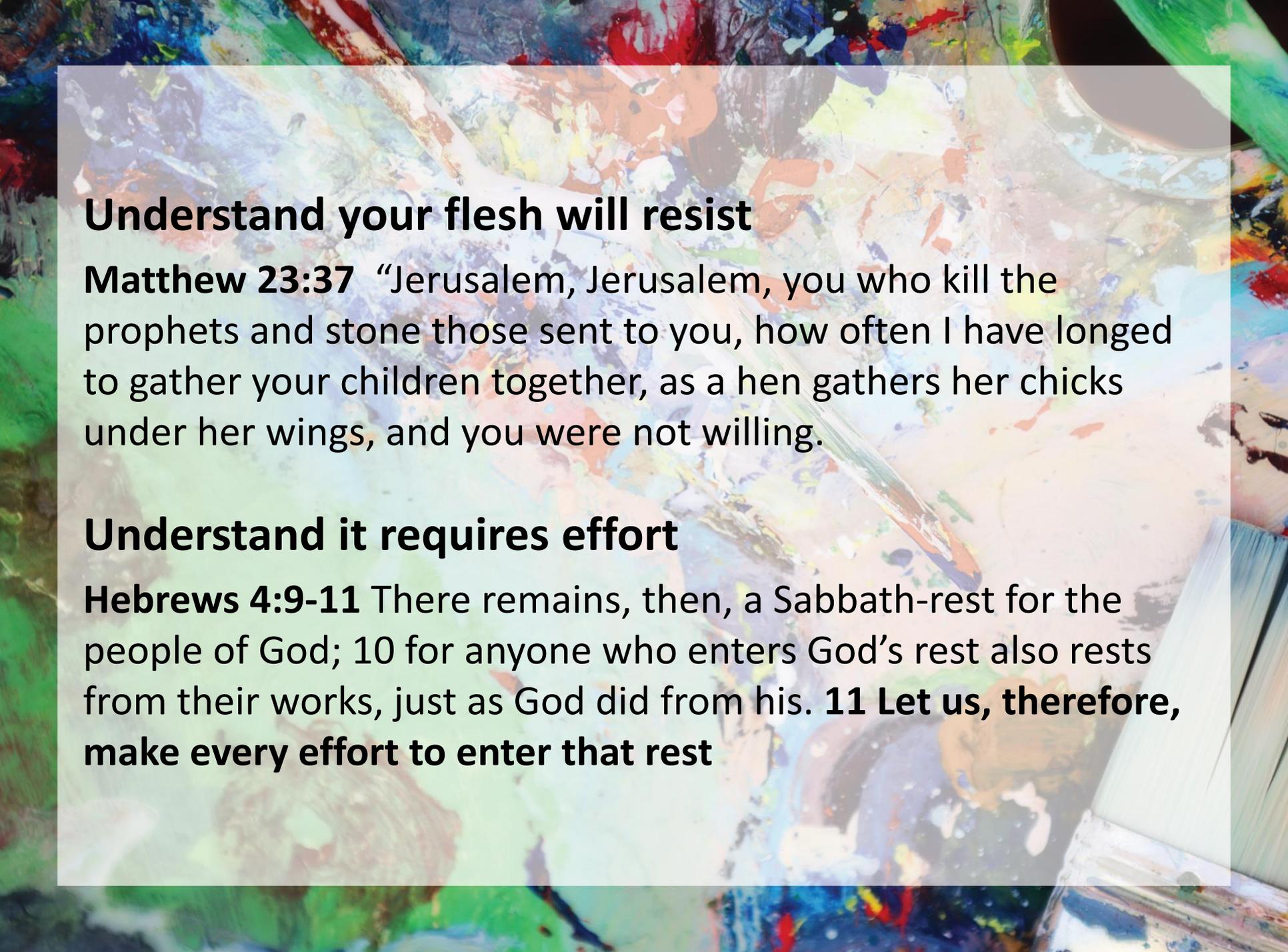
**Hebrews 4:9-10** There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from their works, just as God did from his.

## **Understand you are invited**

**Matthew 11:28-29** "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.

## **Understand it is good**

**Psalms 5:11-12** But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. <sup>12</sup> Surely, LORD, you bless the righteous; you surround them with your favor as with a shield.



## **Understand your flesh will resist**

**Matthew 23:37** “Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, and you were not willing.

## **Understand it requires effort**

**Hebrews 4:9-11** There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God’s rest also rests from their works, just as God did from his. **11 Let us, therefore, make every effort to enter that rest**



## **Challenge:**

When you are restless, in pain, threatened or feeling insecure, ask God to show you the common refuges that your flesh takes you to.

Then ask God to help you learn how to find your refuge and rest in Him.