

My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.

Psalm 62:1-2

I resolve to seek and find rest for my soul in God alone

He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Psalm 62:6-8

God is Sovereign

My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Psalm 62:7-8

God is Satisfied

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.

Romans 5:1-2

I say to myself, "The Lord is my portion;
therefore I will wait for him."

The Lord is good to those whose hope is in him,
to the one who seeks him;

it is good to wait quietly for the salvation of the Lord.

Lamentations 3:24-26

God is Sufficient

I resolve to seek and find rest for my soul in God alone

Because God is...

- Sovereign
- Satisfied
- Sufficient

“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. For my yoke is easy and my burden is light.”

Matthew 11:28-30