

Sunday, July 4, 2021 - "Summer in the Psalms - Week 3 - Get Some REST!(Psalm 55)" - Kevin Dupree

Key Passages: Psalm 55, 1 Peter 5:7, Matthew 11:28-30

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Psalm 55
 - David was on the run before becoming King
 - Now he is on the run even though he is the current king
- Being on the hilltops of life doesn't mean your burdens stop
- What burdens are you running from?
 - Just because you are running doesn't mean they are gone
 - Running doesn't free you from your burdens
- David is on the run from his SON and trusted advisor
 - Burdens hit harder the closer they are to you
 - It's more complicated
- How does a christian find freedom in the burdens of life? (true freedom is rest for our souls)
- 2 things David did to gain REST
 - re - S.T.
 - re = prefix...to do something again or again and again, repetition
- S = Surrender your burdens to the Lord
 - It is hard to surrender
 - It's out of our control
 - We can feel like our burden is "too much" for God
 - **We weren't built to CARRY burdens, we were meant to CAST burdens**
 - Matthew 11:28-30
 - "Yoke up"
 - Jesus is saying I'm here to yoke up with you
- T = Trust
 - Hebrews 11:6
 - "Trust is a lighter burden, but it's a harder burden"
- We need to get some REST
 - We have a heavenly father that:
 - never sleeps
 - doesn't forsake
 - Can handle all of our burdens
 - You have to surrender your life before you surrender your burdens

Questions (Feel free to use all of these, some of these, or none of these)

1. What are your burdens currently?
2. What does it look and feel like when you are actually surrendering your burdens to the Lord?
3. How is God asking you to cast your burdens instead of trying to carry them on your own?
4. What does it mean for you personally to trust God? What does it sound, feel and look like?
5. How is Jesus asking you to "yoke up" up with Him? (Matthew 11:28-30)
6. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Psalm 5,35,65,95,125 Tues: Psalm 6,36,66,96,126 Wed: Psalm 7, 37, 67,97,127 Thurs: Psalm 8, 38, 68, 98, 128 Fri: Psalm 9, 39,69,99,129

Songs from the weekend: [In Jesus' Name - *Israel Houghton*] - [Praises - *Bethel Music*] - [Shall Not Want - *Elevation Worship & Maverick City*] - [Build My Life - *Housefires*]