

# Welcome!

- VBS - June 1-5
  - Falls Creek - June 15-21
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*[emmausokc.org/events](https://emmausokc.org/events)*

*[emmausokc.org/give](https://emmausokc.org/give)*

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# Sermon: Rest as Worship (Naps are Spiritual!)

Psalm 1:1 = Blessed is the one who...

Psalm 2:12 = Blessed are all who take  
refuge in Him.

Psalm 3 & 4 = Examples of Refuge

# Psalm 3:1-2

O Lord, how many are my foes!

Many are rising against me;

many are saying of my soul,

“There is no salvation for him in God.”

(Selah)

# Psalm 3:3-4

But you, O Lord, are a shield about me,  
my glory, and the lifter of my head.

I cried aloud to the Lord,  
and he answered me from his holy hill.

(Selah)

# Psalm 3:5-6

*I lay down and slept; I woke again, for the Lord sustained me.*

**I will not be afraid of many thousands of people who have set themselves against me all around.**

# Psalm 3:7-8

**Arise, O Lord! Save me, O my God!  
For you strike all my enemies on the  
cheek; you break the teeth of the  
wicked. Salvation belongs to the Lord;  
your blessing be on your people!**

**(Selah)**

# Psalm 4:1

Answer me when I call, O God of my  
righteousness! You have given me  
relief when I was in distress.

Be gracious to me and hear my prayer!

# Psalm 4:2-3

O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies?

(Selah) But know that the Lord has set apart the godly for himself; the Lord hears when I call to him.

# Psalm 4:4-5

Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. (Selah)

Offer right sacrifices, and put your trust in the Lord.

# Psalm 4:6-7

There are many who say, “Who will show us some good?”

Lift up the light of your face upon us, O Lord! You have put more joy in my heart than they have when their grain and wine abound.

# Psalm 4:8

In peace I will both lie down and sleep;  
for you alone, O Lord,  
make me dwell in safety.

# Rest as Worship

## What is rest?

- **Salvation**
  - Refuge; Internal Peace & Joy
- **Sleep**
- **Sabbath**
- **Seasonal**

# Rest as Worship

What steals rest?

- Attacks & Circumstances
- Fear & Exhaustion

# Rest as Worship

What is rest?

What steals rest?

What are the wrong responses?

- Anxiety & Hopelessness
- Anger & Greed

# Rest as Worship

What is rest?

What steals rest?

What are the wrong responses?

What are the right responses?

- Reflection & Prayer
- Morning & Evening

# Blessed are All Who Take Refuge in Him

**\*Since we have been justified by faith,  
we have peace with God through our  
Lord Jesus Christ. – Romans 5:1**

**\*He is our peace... – Ephesians 2:14**