

## Refreshing Rest

**Comfort** > Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my anointing upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my anointing is easy to bear, and the mantle I give you is light. (Matthew 11:28-30)

**Desert Streams** > “See, a king will reign in righteousness and rulers will rule with justice. Each one will be like a shelter from the wind and a refuge from the storm, like streams of water in the desert and the shadow of a great rock in a thirsty land.” (Isaiah 32:1-2 NIV)

**Eternal Glory** > Now the God of all grace, who called you to his eternal glory in Christ Jesus, will personally restore, establish, strengthen, and support you after you have suffered a little. The dominion belongs to him forever, amen. (1 Peter 5:10-11)

**Falling Rain** > “May he endure as long as the sun, as long as the moon, through all generations. May he be like rain falling on a mown field, like showers watering the earth. In his days may the righteous flourish and prosperity abound till the moon is no more.” (Psalm 72:5-7 NIV)

**Morning Joy** > LORD my God, I cried to you for help, and you healed me. LORD, you brought me up from Sheol; you spared me from among those going down to the Pit. Sing to Yahweh, you his faithful ones, and praise his holy name. For his anger lasts only a moment, but his favor, a lifetime. Sorrow may last for the night, but his joy comes in the morning. (Psalm 30:2-5)

**Refreshment** > The LORD is my Shepherd; he faithfully provides everything that I need. He makes me lie down in green pastures; he leads me beside quiet waters. He restores my soul; he guides me along the right paths for his name’s renown. (Psalm 23:1-3)

**Rest** > Yes, my soul, find rest in God; my hope comes from him. Truly God is my Rock and my Salvation; he is my Fortress, I will not be shaken. My salvation and honor depend upon God; he is my Mighty Rock, my Refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our Refuge. (Psalm 62:5-8)

**Strength** > Yahweh is my Strength and Shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. Yahweh gives his people strength. He is a Safe Fortress for his Anointed King. Save your people! Bless Israel, your special possession. Lead them like a Shepherd, and carry them in your arms forever. (Psalm 28:7-9)

