



- *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* **Philippians 4:6-7**
- How can we find peaceful rest in the midst of unrest? There are some wonderful principles that we can learn from the words of David in these psalms.

**First, focus on the Lord; don't \_\_\_\_\_ the enemy. Psalm 3**

- *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”* **1 Peter 5:8**
- David turned his focus from his \_\_\_\_\_ (vs. 1-2) and began to focus on the Lord and who He is (vs. 3-4).
- *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”* **2 Timothy 1:7**

**Second, trust in the Lord; continue to do \_\_\_\_\_.** Psalm 4

- When problems come into a believer's life, Satan desires to convince you of two things:
  - God doesn't \_\_\_\_\_.
  - God's Word is not \_\_\_\_\_.
- If Satan can undermine your \_\_\_\_\_ in God and His Word, he can have his way with you.
- David absolutely refused to accept the enemy's \_\_\_\_\_, and affirmed his trust in the Lord. vs. 3-5
- As we stand upon His Word and continue to trust it and obey it, it brings a sustaining \_\_\_\_\_ to our hearts.
- *"And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.  
Let the word of Christ dwell in you richly in all wisdom..."*  
**Colossians 3:15-16a**

**Third, call upon the Lord; find your \_\_\_\_\_ in Him.** Psalm 5

- David's \_\_\_\_\_ came from his fellowship with the Lord, not the circumstances of life. vs. 11

God desires to give us peaceful rest even in the midst of unrest. It isn't something that you stumble upon accidentally. It comes from \_\_\_\_\_ as we practice the principles that we learned this morning.