

# Relax, I've Got This

Psalm 46

*The Theology of Rest*

**Theme:** Finding rest in the presence of God amidst the chaos of life

**Outline:**

- I. Rest is found in a person, not the absence of chaos (v.1-3)
- II. Rest is realized in His presence amidst chaos (v.4-7)
- III. Rest is enjoyed when His person and presence are enough (v.8-11)

**Shepherding the Sheep:**

- What do you learn from today's text about the nature/character of God? How will this shape your response to life's chaos?
- What distress, chaos, or trouble is distracting you from being aware of God's presence?
- What helps remind you of God's presence amidst life's distractions?
- Can you really believe that God is who He claims to be even when you may not feel it, when your expectations are not met, when your definition of help differs from God's?
- Will you accept God's invitation to rest and enjoy Him right in the middle of your current situation? Can you "be still" long enough? Will you loosen your grip of control? Will you believe He is present and that His presence will satisfy?

Waukesha Bible Church is a family of families seeking to live in **the Storyline of the Bible**. She is determined by design to have a **God-centered, Christ-exalting worship; a Word-centered teaching** focused on personal **discipleship** through intentional and systematic instruction; a **Global-impacting mission** that resolves to be a **church planting church**; and a **Grace-based fellowship** where disciples are invited to live under a **reigning grace** characterized by a **Gospel-driven sanctification** that celebrates a divine **monergism** to the Christian life.