

# Soul Detox: The Restless Soul

Genesis 4:11-12 & Ecclesiastes 2:22-23

- WE ARE NOT A BODY WITH A SOUL.
- WE ARE A SOUL WITH A BODY.

## **THE CURSE OF THE RESTLESS SOUL**

*Where do we find rest for our souls?*

- ✓ OUR SOULS FIND REST IN GOD ALONE.  
(Ps 62:1, Matt 11:28-29)

## **THE CURE FOR THE RESTLESS SOUL**

*How do we find rest in God?*

- ✓ BE STILL BEFORE GOD.  
(Ps 46:10, 131:2)

- ✓ WAIT FOR GOD.  
(Ps 37:7, 130:5-6)

- ✓ REFLECT ON GOD'S GOODNESS.  
(Ps 116:7-9)

# Soul Detox: The Restless Soul

Genesis 4:11-12 & Ecclesiastes 2:22-23

- WE ARE NOT A BODY WITH A \_\_\_\_\_.
- WE ARE A SOUL WITH A \_\_\_\_\_.

## **THE CURSE OF THE RESTLESS SOUL**

*Where do we find rest for our souls?*

- ✓ OUR SOULS FIND \_\_\_\_\_ IN \_\_\_\_\_ ALONE.  
(Ps 62:1, Matt 11:28-29)

## **THE CURE FOR THE RESTLESS SOUL**

*How do we find rest in God?*

- ✓ BE \_\_\_\_\_ BEFORE \_\_\_\_\_.  
(Ps 46:10, 131:2)

- ✓ \_\_\_\_\_ FOR GOD.  
(Ps 37:7, 130:5-6)

- ✓ REFLECT ON GOD'S \_\_\_\_\_.  
(Ps 116:7-9)