

Soul Detox

The Restless Soul

- I. The Bible indicates that we live as restless souls
 - a. Genesis 4:11-12; Ecclesiastes 2:22-23

- II. The poetic books show us how to find rest for our soul.
 - a. The Poetic Books show us how to bring a restless soul to God.
 - b. The five Poetic Books of the Bible are Job, Psalms, Proverbs, Ecclesiastes, and the Song of Solomon. Lamentations is also poetry
 - c. The poetic books span a large history of the Bible. Psalms goes from Moses to the Babylonian captivity of Israel.

- III. Help for the Restless Soul through the Poetic Books
 - a. My soul finds rest in God alone (psalm 62:1)
 - i. David wrote is believed to have written this psalm when Absalom or Saul wanted to kill him.
 - ii. David wants us to know the same God who ordains the end also ordains the means
 - b. Be still and know that He is God. (Psalm 46:10)
 - i. This psalm was written by Israel's' King Hezekiah under Assyrian attack (2 Kings 19:19).
 - ii. "Be still" literally means "Take your hands off!
 - c. Wait for God. (Psalm 37:7)
 - i. David wrote psalm 37 in his mature years.
 - ii. The verb wait means "be silent."
 - d. Reflect On God's Goodness Ps.116:7
 - i. We think often about what has to be done rather than what God has done and desires to do.
 - ii. If you can't find a reason to reflect on His goodness it says something about our walk with him.