**There is Good in the Bad- Resting in the Lord (Psalm 116:7)**

*Restlessness vs. Restfulness*

I love the Lord, because He hears  
My voice *and* my supplications.  
**2**Because He has inclined His ear to me,  
Therefore I shall call *upon Him* as long as I live.  
**3**The cords of death encompassed me  
And the [[a](https://www.biblegateway.com/passage/?search=Psalm+116&version=NASB#fen-NASB-15852a)]terrors of [[b](https://www.biblegateway.com/passage/?search=Psalm+116&version=NASB#fen-NASB-15852b)]Sheol [[c](https://www.biblegateway.com/passage/?search=Psalm+116&version=NASB#fen-NASB-15852c)]came upon me;  
I found distress and sorrow.  
**4**Then I called upon the name of the Lord:  
“O Lord, I beseech You, [[d](https://www.biblegateway.com/passage/?search=Psalm+116&version=NASB#fen-NASB-15853d)]save my life!”

**5**Gracious is the Lord, and righteous;  
Yes, our God is compassionate.  
**6**The Lord preserves the simple;  
I was brought low, and He saved me.  
**7**Return to your rest, O my soul,  
For the Lord has dealt bountifully with you (Psalm 116:1-7)

Restlessness of the mind- The Psalmist is thinking on terror and is in distress and sorrow. This comes from the circumstances surrounding him.

* What should you do if you find yourself like the Psalmist? Return to your rest-find spiritual calm and silence for your mind and heart.
* The restlessness of the soul is described by Job in Job 3:26, by Solomon in Ecclesiastes 2:23 – both men realize what God wants for their life…REST

God is gracious, compassionate, gives us salvation, sustains us, protects us, and cares for us. Think on these things!

Restfulness of the mind - is remembering God’s great care for His children.

* Psalm 116:7
* Matthew 11:28
* Psalm 131:2

We do not know what will happen but we must *‘REST’* and give ourselves self- encouragement to be still and calm.

**Rest-** *Hebrew meaning*- be silent and still; that is why the Psalmist says in verse 7, *return to your rest, o my soul…*

**DAILY USE:**

1. **Never forget the benefits and blessings God has given you.**

*What shall I render to the Lord for all His benefits toward me?*

*Psalm 116:12*

1. **Think on and thank God for His benefits and blessings to you.**

*I shall lift up the cup of salvation and call upon the name of the Lord.*

*Psalm 116:13*

*To You I shall offer a sacrifice of thanksgiving, and call upon the name of the Lord. Psalm 116:17*