**Quitting the Worry Habit**

 **PT 4 – When Things Seem Out of Control**

 August 24, 2025

Jer 10:23

Lord, I know that a person's life doesn't really belong to him. No one can control his own life. NCV

Psalm 62:1a,5-8

1. My soul finds rest in God alone;…

5 Find rest, O my soul, in God alone;
     my hope comes from him.
6 He alone is my rock and my salvation;
     he is my fortress, I will not be shaken.
7 My salvation and my honor depend on God;
     he is my mighty rock, my refuge.
8 Trust in him at all times, O people;
     pour out your hearts to him,
     for God is our refuge. NIV (1984)

**1. My soul finds rest in God** \_\_\_\_\_\_\_\_\_\_\_\_\_.

Ps 62:1a My soul finds rest in God alone; NIV

soul - (nepesh) – life, soul, self, appetites, mind, passions, desires, emotions. The breathing substance of man; the inner being.

“The original concrete meaning of the word (nepesh) meant ‘to breathe.’ (Theo Wordbk OT)

(Gen 2:7b)

* For your soul to find rest you must let God breath into you.

Holy Spirit - (pneuma) breath, wind. The breath of God inspires, revives, refreshes and heals.

**2. My** \_\_\_\_\_\_\_\_\_\_\_\_ **comes from God.**

Ps 62:5

Find rest, O my soul, in God alone;
my hope comes from him. NIV

hope – (tiqwa) to eagerly wait for God.

Eager expectation that involves the soul.

**3. God alone is my** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **in life.**

Ps 62:6

He alone is my rock and my salvation;
he is my fortress, I will not be shaken. NIV

rock – (sur) strong; reliable; dependable; certain.

(1 Sam.2:2b; Dt.32:4a; Ps.81:16)

Salvation – (yashua) salvation; Jesus’ name, the one who saves.

y¹sha` - Arabic: to make wide.

fortress – (misgab) high place.

**4. Trust in him at all** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

Ps 62:8

Trust in him at all times, O people;
pour out your hearts to him,
for God is our refuge. NIV

trust – (batach) to rely upon, to be confident.

Ps 62:8 …pour out your hearts to him. NIV

pour – (shapak) to pour forth, to empty, to melt.

Ps 92:8b …for God is our refuge. NIV

Assign: Ask yourself…

-Where am I placing my hope?

-Who is my rock?

-Who am I trusting?

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