

AT REST IN YOUR OWN SKIN

March 17, 2019 Psalm 139:14 by Bob Branch
@ Rest series, part 7

What is one thing about yourself you really like?

BIG IDEA: Being at rest and content in your own skin—with how God made you—is part of his gift-of-rest mindset to you.

¹ You have searched me, Lord, and you know me. ² You know when I sit and when I rise; you perceive my thoughts from afar...

God knows you intimately and still likes you! And it should give you **great comfort!**

⁷ Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there....

God's presence is always near you, even in your darkest places.

¹³ For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well...

You are God's one-of-a-kind creation, valuable and wonderful.

¹⁹ If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! ²⁰

²³ Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

We must wake up to the darkness within.

¹⁴ **I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

1. *"I praise YOU"* **Your true worth and uniqueness are discerned WITH GOD.**

"For we are God's masterpiece." **Ephesians 2:10 NLT**

2. *"I am wonderfully made"* **Appreciate your UNIQUENESS** (without worshipping it).

- **S. Spiritual gifts—**
- **H. Heart—**
- **A. Abilities—**
- **P. Personality—**
- **E. Experiences—**

3) *"I know this full well"* **KNOW YOURSELF.**

THE DARK SIDE: Worthless or Pride

EXERCISE: Get with some people you trust, and ask the question aloud—*What is one thing you really like about yourself?* **And answer.** And don't settle for trite answers on it. What are 5 things? 10?

LOVE SPOON and the great melt.