



Rest in the Sovereignty of God

Psalm 46:10

Message Notes by Dr. Mark Platt

Everyone deals with disappointments, difficulties, and even death. In all the stress and confusion of this life, we can lose track of reality. Then, fear, depression, and hopelessness will take over our minds and heart. That's when we are really in trouble!

You don't need to live this way! In fact, you can know comfort, peace, and meaning in the middle of trouble when you rest in the sovereignty of God!

How can a person handle the problems of life? How can we deal with the despair and worry that is so much a part of this life? How can we rest in the sovereignty of God?

Here are **three** steps to rest the sovereignty of God

I. Understand the theology of the Sovereignty of God

1. God is the creator of a perfect universe
(see Genesis 1; Nehemiah 9:6; Psalm 19; Isaiah 66:2; John 1:3)
2. God is the controller of everything
(see Psalm 33:10-11; 103:19; Proverbs 16:9, 20:24; Colossians 1:15-17)
3. God is the manager of an unfinished task
(see John 16:33; Romans 8:28)

II. Learn the practice of living in the Sovereignty of God

1. Accept the things you cannot change
(see Proverbs 19:21, 20:24; Isaiah 55:8-9)
2. Change the things you can change
(see Psalm 3:6, 4:8, 7:17; 13:6, 23:4; 32:5, 62:6, 71:14, 77:11)
3. Seek the wisdom of God
(see Job 28:28; Proverbs 2:6, 35; James 1:5, 3:17)

III. Develop a lifestyle of living in the Sovereignty of God

1. Learn to trust God (see Psalm 56:3, 68:19; Proverbs 3:5-6; 1 Peter 5:7)
2. Get God's perspective (see Psalm 31:15; Psalm 33:10-11, 139:16; Isaiah 55:6-9)
3. Grow in perseverance (see Romans 5:3-5; Galatians 6:9; Hebrews 12:1)

4. Become a prayer warrior (see Philippians 4:6-8; 1 Thessalonians 5:17; 1 John 5:14)

Your Response:

1. What does Psalm 46:10 mean to you when God says: ***“be still and know that I am God ...?”*** What are some ways you can ***“be still”*** when you are in trouble?
2. Do you have worries and anxieties? List them on a sheet of paper. Now put your list side by side with 1 Peter 5:7 which says: ***“Cast all your anxiety on Him because He cares for you.”*** Do any of your worries and anxieties not qualify as ***“all?”***
3. Are you worried or afraid? What areas of your life need to be given over to God’s sovereign control?
3. Romans 8:28 says ***“all things work together for good ...”*** Look at the present trouble that you are facing. How could God take this situation and work it for a good end?
5. In what event in your life God has taken bad things and worked them for a good end? Thank God in prayer for His sovereign actions in your heartaches and disappointments. Tell God that you are trusting to do the same in the future.

Resources:

Trusting God Even When Life Hurts by Jerry Bridges

A Bend in the Road by David Jeremiah

The Sovereignty of God by Arthur W. Pink

Suffering and the Sovereignty of God by John Piper and Justin Taylor

The Knowledge of the Holy by A. W. Tozer]