

Relax: God's Got It Psalms 55:22 (NKJV)

Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.

You must read through Psalms reflectively.

The writers are sharing their experiences about how God has been instrumental in their lives.

The Psalms are also the writer's prayers to God.

"Do you go after God like a deer goes when it's thirsty?" – Elder Michelle Jackson

Your friends will sometimes tell you what you want to hear not what you need to hear.

"Sometimes people will give you a word just to take the ash off you." – Elder Michelle Jackson

What Must We Do to Relax

- Cast our cares on God (the One who can handle it).
- Cast means to throw forcefully
- Give God those burdens that inflict us
- After casting we must wait.
- While waiting recall His faithfulness
- Recall God's power
- Rest in God's power
- Consider a trust fall

"We don't like to wait." – Elder Michelle Jackson

What Will God Do to Help Us Relax

- God will nourish you
- God has been sustaining you since birth
- If you don't cast your burden, God can't sustain you

“You have to know me to know what I need.” – Elder Michelle Jackson

What Should Our Response Be

- Let God handle it
- Trust God when your future is uncertain (Jeremiah 17:7-8)
- Know that we are protected.
- We will be productive.

“Will you trust God?” – Elder Michelle Jackson