

# THE RESTLESS SOUL

*MARGIN: creating space for what really matters*

Genesis 4:11-12 & Ecclesiastes 2:22-23

## **THE CURSE OF THE RESTLESS SOUL**

- ✓ THE RESTLESS SOUL IS SEARCHING BUT NEVER FINDING CONTENTMENT. (Genesis 4:11-12)
- ✓ THE RESTLESS SOUL IS INTERESTED IN EVERYTHING BUT SATISFIED WITH NOTHING. (Ecclesiastes 2:22-23)

## **WHERE DO WE FIND REST FOR OUR SOULS?**

- ✓ OUR SOULS FIND REST IN GOD ALONE.  
(Ps 62:1, Matt 11:28-29)

## **THE CURE FOR THE RESTLESS SOUL**

- ✓ BE STILL BEFORE GOD.  
(Ps 46:10, 131:2, Mark 6:30-32)
- ✓ WAIT FOR GOD.  
(Ps 37:7, 130:5-6)
- ✓ REFLECT ON GOD'S GOODNESS.  
(Ps 116:7-9)

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- ✓ THE RESTLESS SOUL IS \_\_\_\_\_ BUT NEVER \_\_\_\_\_ CONTENTMENT. (Genesis 4:11-12)
- ✓ THE RESTLESS SOUL IS INTERESTED IN \_\_\_\_\_ BUT SATISFIED WITH \_\_\_\_\_. (Ecclesiastes 2:22-23)

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- ✓ OUR SOULS FIND \_\_\_\_\_ IN \_\_\_\_\_ ALONE.  
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## **THE CURE FOR THE RESTLESS SOUL**

- ✓ BE \_\_\_\_\_ BEFORE \_\_\_\_\_.  
(Ps 46:10, 131:2, Mark 6:30-32)
- ✓ \_\_\_\_\_ FOR GOD.  
(Ps 37:7, 130:5-6)
- ✓ REFLECT ON GOD'S \_\_\_\_\_.  
(Ps 116:7-9)