



## Order of Service | August 19 & 20, 2017

Worship Team .....	Let It Be Known
Welcome/Greeting	
Worship Team .....	Good Good Father Your Love Awakens Me
Message .....	Pastor Jay Bruner How's Your Soul (Part 3)
Worship Team .....	King Of The World
Offering/Announcements/Dismissal	

# HOW'S YOUR SOUL?

***#Satisfied #Healthy #Fulfilled***

How to have a *#QuietSoul* when life is so LOUD and FAST

*Lord, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself (My Soul), like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me. O Israel, put your hope in the Lord— now and always. Psalm 131:1-3 (NLT)*

To have a quiet soul, I must:

1. Intentionally choose to allow myself to be OUT of control.  
(God's got it)

*Lord, my heart is not proud; my eyes are not haughty. (vs. 1)*

*...“Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength...” Isaiah 30:15 (NLT)*

2. Embrace, and fall in love with, not having to know it all.

*I don't concern myself with matters too great or too awesome for me to grasp. (vs. 1)*

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths. Proverbs 3:5-6 (ESV)*

3. Intentionally rest in who I am, what I am, and what He has done for me.

*Instead (of trying to control everything, instead of trying to know it all), I have calmed and quieted myself (I am intentionally balancing out and quieting my soul), like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me. (vs. 2)*

**Going deeper on your own.** One of the greatest ways to quiet our souls is to worship God. Listed below are fifteen songs written by different authors found in the book of Psalms. As an exercise of quieting our soul, over the next fifteen days, choose to get up fifteen minutes earlier and choose to intentionally get alone with God and read one of these songs out loud. After the fifteen days is over write a song of your own. Write about what He has done for you, what He means to you, and how much you love Him. Then write Pastor Jay and tell him what this has meant to you. The Song of Ascent (along with their themes) offers much encouragement for those who seek to worship God today:

Psalm 120: God's presence during distress

Psalm 121: Joyful praise to the Lord

Psalm 122: Prayer for God's homeland

Psalm 123: Patience for God's mercy

Psalm 124: Help comes from the Lord

Psalm 125: Prayer for God's blessing upon His people

Psalm 126: The Lord has done great things

Psalm 127: God's blessing on man's efforts

Psalm 128: Joy for those who follow God's ways

Psalm 129: A cry for help to the Lord

Psalm 130: A prayer of repentance

Psalm 131: Surrender as a child to the Lord

Psalm 132: God's sovereign plan for His people

Psalm 133: Praise of brotherly fellowship and unity

Psalm 134: Praise to God in His temple

Your personal Psalm.... \_\_\_\_\_