

# Sanctuary for your soul – 2<sup>nd</sup> May 2021

## Introduction

Why do we have many natural safeguards and measures in place?

- We spend considerable effort and energy to protect personal privacy and financial details.
- Have you considered measures for protecting your soul?

## Sanctuary

- Simple: Safe place for someone or something being chased or hunted
- Modern: Haven for birds or animals to live and be protected, specifically from conditions that threaten a particular species
- Medieval: Most holy part of a religious building

## Soul

- God created us body, soul, and spirit.
- **1 Thessalonians 5:23** *Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ (NKJV).*
- Our focus is on the term: Soul. Hebrew word for soul is népēš (neh-fesh).
- **Deuteronomy 6:5** *You shall love the Lord your God with all your heart, with all your soul, and with all your strength (NKJV).*
- **Matthew 22:37** *Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' (NKJV)*
- Népēš is used in phrases: heart, soul & strength. Express emotions or state of mind. Consists of inner experience, passions, and feelings.

- **Psalm 62:1** Truly my soul finds rest in God; my salvation comes from Him (NKJV).
- **Psalm 42:11** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God (NKJV).

**Key principles – Choose and confess to find comfort and rest.**

**Psalm 91:1-2**

*He who dwells in the secret place of the Most High, shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." (NKJV).*

*Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him (NLT).*

**Who wrote Psalm 91?** Untitled Psalm. Most believed either Moses or David.

**Choose**

- Verse 1: He who dwells in the secret place of the Most High, shall abide under the shadow of the Almighty (NKJV).
- Those who live in the shelter of the Most High will find rest in the shadow of the Almighty (NLT says rest)
- Is protection, security, comfort, and rest for everyone?
- **Jeremiah 6:16** This is what the Lord says: Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.' (NKJV)
- Every child of God looks towards the inner sanctuary and the mercyseat, yet all do not dwell in the most holy place; they run to it at times, and enjoy

*occasional approaches, but they do not habitually reside in the mysterious presence (Spurgeon)*

## Confess

- How do we dwell and live in the presence of God perpetually?
- Verse 2: I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.”
- **1 John 4:15** Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.
- **2 Timothy 2:19** Nevertheless, God’s solid foundation stands firm, sealed with this inscription: “The Lord knows those who are his,” and, “Everyone who confesses the name of the Lord must turn away from wickedness.”
- **Psalms 91:14-16** “Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation.”

## Comfort

- **Matthew 11:28-30** Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” (NKJV)
- **Jeremiah 31:25** For I [fully] satisfy the weary soul, and I replenish every languishing and sorrowful person.” (AMP)

**Conclusion** – Choose and confess to find comfort and rest.