

# July 21

## TODAY'S BIBLE STUDY & MEDITATION

**KEY IDEAS:** Do I understand that God has promised in Scripture to protect me? Do I see myself as God sees me, as one for whom the Lord desires to provide comfort and rest? Do I understand that I can build patience by praising God for what He has done and will do? Do I lay hold of the promises of Scripture through prayer?

**1** **God is our Hope** — *Proverbs 3:24 When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. 25 Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. 26 For the LORD shall be thy confidence, and shall keep thy foot from being taken.*

What facts about God give me the greatest hope and encouragement?

What examples of God's comfort and support can I praise Him for?

**2** **I am guarded by the Lord and He provides shade and rest for me** — *Psalm 121:5 The LORD [is] thy keeper: the LORD [is] thy shade upon thy right hand.*

What things do I control that interfere with my experiencing times of rest?

Why does the devil want me to allow things to keep me from spiritual rest?

**3** **I am to seek to rest patiently in the Lord** — *James 5:7 Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.*

In what areas do I need to exercise patience in letting God fulfill His plan?

What steps can I take to build patience and declare my confidence in God?

Holy Spirit, how do you want to apply these verses in my life today?

## OPTIONAL BIBLE READINGS

Morning: Acts 23:1-15

Evening: Psalms 20, 30