

# FLUSH IT OUT

## 3 things you must FLUSH OUT to receive rest.

### 1. THE STRESS OF YOUR NEEDS-

- (Luke 12:22-26) 22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap; they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life[b]? 26 Since you cannot do this very little thing, why do you worry about the rest?
- (Philippians 4:19) 19 And my God will supply every need of yours according to his riches in glory in Christ Jesus.

### 2. UNNECESSARY DESIRES-

- (Psalm 37:4) Delight yourself in the Lord, and he will give you the desires of your heart.

### 3. UNREALIST EXPECTATIONS OF PEOPLE -

- (Psalm 5:3) In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.
- (Psalm 62:5-6) 5 My soul, wait thou only upon God; for my expectation is from him. 6 He only is my rock and my salvation: he is my defense; I shall not be moved.