

**Series:** Psalm 23

**Sermon:** The Lord Is Our Rest

**Scripture:** Psalm 23:2-3

**Teacher:** Jeff Norris

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### **Psalm 23 (ESV)**

<sup>1</sup> *The LORD is my shepherd; I shall not want.*

<sup>2</sup> ***He makes me lie down in green pastures.***

***He leads me beside still waters.***

<sup>3</sup> ***He restores my soul.***

***He leads me in paths of righteousness  
for his name's sake.***

<sup>4</sup> *Even though I walk through the valley of the shadow of death,*

*I will fear no evil,*

*for you are with me;*

*your rod and your staff,*

*they comfort me.*

<sup>5</sup> *You prepare a table before me*

*in the presence of my enemies;*

*you anoint my head with oil;*

*my cup overflows.*

<sup>6</sup> *Surely goodness and mercy shall follow me*

*all the days of my life,*

*and I shall dwell in the house of the LORD*

*forever.*

### ***He makes me lie down in green pastures.***

"The strange thing about sheep is that because of their very make-up it is almost impossible for them to be made to lie down unless four requirements are met. Owing to their timidity they refuse to lie down unless they are free of all fear. Because of social behavior within a flock sheep will not lie down unless they are free from friction with others of their kind. If tormented by flies or parasites, sheep will not lie down. Only when free of these pests can they relax. Lastly, sheep will not lie down as long as they feel in need of finding food. They must be free from hunger."

- Phillip Keller, *A Shepherd Looks at Psalm 23*, p. 35

"In the Christian's life there is no substitute for the keen awareness that my Shepherd is nearby." Keller, p. 37

"One point that always interested me very much was that whenever I came into view and my presence attracted their attention, the sheep quickly forgot their foolish rivalries and stopped their fighting. The shepherd's presence made all the difference in their behavior ... the shepherd's put an end to all rivalry. And in our human relationships when we become acutely aware of being in the presence of Christ, our foolish, selfish snobbery and rivalry will end. It is the humble heart walking quietly and contentedly in the close and intimate companionship of Christ that is at rest, that can relax, simply glad to lie down and let the world go by." - Keller, p. 40, 42

"One of the outstanding marks of a Christian should be a serene sense of gentle contentment." - Keller, p. 41

Jeremiah 50:6-7 (NIV)

*My people have been lost sheep; their shepherds have led them astray and caused them to roam on the mountains. They wandered over mountain and hill and forgot their own resting place. Whoever found them devoured them; their enemies said, "We are not guilty, for they sinned against the Lord, their verdant pasture, the Lord, the hope of their ancestors."*

Verdant: green with grass or other rich vegetation

***He leads me beside still waters.***

Literally: waters of rest, resting place – To lead with care, give rest, guide

Jeremiah 2:13 (ESV)

*...for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.*

John 7:37-38 (ESV)

*On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"*

***He restores my soul.***

Restores: to return, turn back

"God not only saves us when we are lost sinners, but he restores us when we are wandering Christians." - - David B. Calhoun, A Sheep Remembers

***He leads me in paths of righteousness for his name's sake.***

Jesus is our righteousness! As the Good Shepherd, He doesn't just lead us in right paths, He leads us in Himself as our very righteousness.

Why? For His name's sake ...

Philippians 2:9-11 (ESV)

*9 Therefore God has highly exalted him and bestowed on him the name that is above every name,*

*10 so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,*

*11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

Ezekiel 34:15-16, 23-24 (ESV)

*15 I myself will be the shepherd of my sheep, and I myself will make them lie down, declares the Lord God.*

*16 I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, and the fat and the strong I will destroy. I will feed them in justice.*

*23 And I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd.*

*24 And I, the Lord, will be their God, and my servant David shall be prince among them. I am the Lord; I have spoken.*