

## MESSAGE FROM GOD'S LIFE-BUILDING WORD

### I Trust God to Give Me Rest

January 17, 2020

#### Psalm 23

<sup>1</sup> The LORD is my shepherd, I shall not be in want.

<sup>2</sup> He makes me lie down in green pastures,  
he leads me beside quiet waters,

<sup>3</sup> he restores my soul. He guides 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 love will follow me all the days of my life,  
and I will dwell in the house of the LORD forever.

#### ***Notes from Today's Message***

***(Kids – feel free to use this space to draw something you see or hear about in worship today)***

## G.P.S. – GROW, PRAY, STUDY GUIDE

**Day 1:** Read/memorize *Psalms 23:1-2*. Today focus on the phrase ***“He makes me lie down”***. When has the Lord brought you to your knees? When have you been made to pause? How did you feel and what did you learn?

**Day 2:** Read/memorize *Psalms 23:1-2*. Today focus on the phrase ***“in green pastures”***. Though there’s not a whole lot of “green” pastures in Southern California, you get the gist. Green pastures are a place where livestock can feed and be given nourishment. Where is a place that gives nourishment to your soul? Take 5 minutes of quiet time to go to that place in your mind.

**Day 3:** Read/memorize *Psalms 23:1-2*. Today focus on the phrase ***“He leads me”***. You’ve probably played the game “follow the leader” before. As you’ve aged or matured, you’ve probably found that following the leader can be difficult at times. Where do you struggle to follow God? Take time to pray that your heart would be changed so that you would adopt the ways of God and delight in following Him.

**Day 4:** Read/memorize *Psalms 23:1-2*. Today focus on the phrase ***“beside quiet waters”***. Again, in Southern California we are not familiar with quiet waters – we are more acquainted with the ocean! The quiet waters the Psalm refers to are waters that we can relax next to. Head to the beach today. Though there are no “quiet waters” there, take a moment to relax and remember that through all the waves of your life – God is there!

**Day 5:** Read *John 10:11-15*. Rest, for the sheep, only comes when they feel safe with the Shepherd. The same is true for us as humans. Take time to confess to God where you are struggling to feel safe, and before you go to bed tonight, pray: “I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.”

**Day 6:** Read *John 11:16-18*. Jesus says here that there are other sheep who haven’t yet been “brought in” to the fold. Take time today to pray for all of those who have not yet found their home and safety in the fold of Christ’s Holy Church.