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La Jolla Christian Fellowship

Things Adam Wants To Talk About: Psalm 23:1-6

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Psalm 23:1-6

The LORD is my shepherd, I shall not want.[2] He makes me lie down in green pastures; He leads me beside[1] quiet waters.[3] He restores my soul; He guides me in the paths of righteousness. For His name's sake.[4]

Even though I walk through the valley of the shadow of death,

I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

[5] You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.[6] Surely goodness and loving kindness will follow me all the days of my life,

And I will dwell in the house of the LORD forever.

Be careful of what you make a habit.

- The 23rd Psalm is immersed in peace and rest.

Vs. 1 The Lord is my shepherd.

In Scripture God is portrayed as the Great Shepherd.

- You will rarely see a shepherd running with his sheep.
    - Christ is not a ruthless "Hard Driver".
        - Psalm 23 requires nothing of the sheep.

> *"We need take care when our outside is bigger than our inside."*
> - C.S. Lewis

Question: Who or what is shepherding you?

- This question can be answered by identifying the voices that you follow.
- What are some of the hard driving voices we follow:
    - **Other People:** Psalm 55:2-3a *Give heed to me and answer me; I am restless in my complaint and am surely distracted,* [3] *Because of the voice of the enemy.*
    - **The Devil:** John 8:44 *You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.*
    - **The Flesh:** Gal 5:17 *For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.*

The New Testament counterpart to Psalm 23 is John 10 **The Parable Of The Good Shepherd.**

- John 10:4 [4] *When he puts forth all his own, he goes ahead of them, and the sheep follow him because they* ***know his voice.*** ***Vs. 3 says he calls them by name.***
- John 10:10 *The thief comes only to steal and kill and destroy; I came that they may have life, and have it* ***abundantly***. [11] *"I am the good shepherd;* the good shepherd lays down His life for the sheep.

Results Following the Good Shepherd:

Satisfies our deepest needs.

Vs.1 *"I shall not want"*

- Here we see a complete satisfaction.
    - One of the keys to rest and restoration is **contentment**.

Leads us to peace and restoration.

Vs. 2-3 *"He makes me lie down in green pastures; He leads me beside[j] quiet waters. [3] He restores my soul."*

Leads us into the house of the Lord.

Vs. 6 [6] *Surely goodness and loving kindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.*

> *"Anyone can sail a ship, but it takes a wise person to navigate it to the land called blessed."*
> *- William Dawson*

Taking it home Application:

1. Add 20 min of silent prayer to each day.
2. Plan your restoration before you plan your work.
3. Identify what creates chaos in your life and work to remove it.
4. Focus on sleep, exercise and diet.
5. Remove unneeded media from your life.
6. Focus on engagement and disengagement.
7. Have longer meals.
8. Get a hobby.
9. Rest at every chance.