

Psalm 23:2

Nourishment

Image Church // The Good Shepherd Week 2

MPS: Jesus is the source of life and nourishment that I need.

Introduction

Well good morning Image Family, I hope you are doing well!

Hey, if you got your Bibles, go ahead and grab them and turn to Psalm 23... Were in week 2 of our Series called The Good Shepherd where we are unpacking each verse of the **23rd Psalm!**

As you're turning there I want to welcome all of you that are joining us from Watch Parties this morning, and I want to thank the host homes for hosting!

- *Watch Parties are... RSVP based... safe spaces... of 12 or less...*

If you want to host or would like to find a **Watch Party** go to imageATL.com/watchparty.

I am going to read through all of **Psalm 23**, we're going to do that each week because I want it to become ingrained in you...

And then we will look at **verse 2...**

Psalm 23

1 The Lord is my shepherd;
I have what I need.

2 He lets me lie down in green pastures;
he leads me beside quiet waters.

3 He renews my life;
he leads me along the right paths
for his name's sake.

4 Even when I go through the darkest valley,
I fear no danger,
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 anoint my head with oil;
my cup overflows.

6 Only goodness and faithful love will pursue me
all the days of my life,
and I will dwell in the house of the Lord
as long as I live.

A few weeks ago, our family took our first vacation since we've planted Image Church...

- It felt strange, it was hard to unplug on the front end... But it was so refreshing...
- *Now, I call it a vacation, but it was really a trip- vacation w/out kids- trip w/kids! But still!*
- I would get up early in the morning and take my son Braxton on a walk and spend time with God...
- I feel like God showed me so much during our time away- as we got to the end of our time away, I just got out a notebook and started writing the things that I felt like God had showed me...

But one of the biggest things I realized was just how fast and hard I was running... It's like when you're in the midst of you don't see it, but then when you stop you do... Ex. NASCAR...

And I know that's not just true for me, it's true for you too... we run so fast in American culture... Blazing fast, always busy... In fact, busy is like a badge of honor! ... *Joke...*

The question is why though, why do we run so hard?? Have you ever stopped to think about that??

I heard one pastor say it like this:

We are often running from life's disappointments, the trauma of our past, the reality of our insecurities, and our moral brokenness.

-Derwin Gray¹

- ***Disappointments*** – we have been let down in one area and so we work our tails off to make up for it in another...
- ***Trauma of the past*** – don't want to be still long enough to remember... Or we overcompensate our circumstances to make sure they are not like our childhood or our past...
- ***Insecurities*** – trying to make up for where we feel like we are lacking...
- ***Moral brokenness*** – We run after the things that we think that we need...

But here's the interesting thing about the whole COVID situation that we are in... It has brought our sprinting to a halt, or at least a jog...

A new survey from YouGov and Evernote has uncovered compelling data on productivity changes for Americans—from the social distancing measures started earlier this year to the long-term, post-pandemic impact we can expect.²

Key findings include:

'Hustle Culture' may be a thing of the past.

- Nearly half (48 percent) of Americans report that they've been living life at a slower pace than before social distancing. The finding is strong across different generations (52 percent of Baby Boomers, 48 percent of Gen X, 46 percent of Millennials and 43 percent of Gen Z), and is even stronger for women (53 percent) compared to men (44 percent).

¹ Derwin Gray, Thankful 4 His Provision.

² https://evernote.com/blog/pandemic-changes-view-on-productivity/?utm_source=Iterable&utm_medium=email&utm_campaign=ITE-ENA-ENG-NLS-EN-Newsletter-073020&utm_marketing1=email&utm_marketing2=newsletter

What does that mean... Well what it means is that the ***Disappointments***, the ***Trauma***, the ***Insecurities***, and the ***Moral brokenness*** that we were compensating for in our fast-pace-life is now sitting in our lap and for the first time many of us are coming face to face with certain realities that we've been able to mask or hide in our business...

And the result is not good, because we can't overcompensate with work- and what happens is ***the things we had been running from begin to become the things that are running our lives...***

Disappointments, Trauma, Insecurities, and the Moral brokenness...
Begin to have more influence than they ever have...

- Isolation more time to think and be alone and reflect on things that are not healthy...
- Quarantined with your spouse or your kids...
- Not being in the office to fuel ego... or to solidify your value
- Not getting affirmation or attention from people
- You have more time on your hands and so you begin to get into things on your computer, your phone or on TV that are not healthy...
- Start to have new tendencies in your life that you know are not healthy...
 - Start to isolate yourself- pull back from the church, pull back from your spiritual rhythms- I said this last week and I will say it again the first thing to go for most people during this time has been spiritual rhythms...
- New sin patterns happen in your life...

In some capacity everyone is dealing with something as we navigate a new normal- a new way of life right now...

And in the midst of this I believe that **Psalm 23 verse 2** provides us with an incredible anchor... *Let's look at verse 2...*

2 He lets me lie down in green pastures; he leads me beside quiet waters.

Now before we unpack this, I know some of you read this and you're like, this isn't even close to being true in my life!!

- *Dead grass and raging rivers...*

Well, the truth is, **this isn't about passage isn't about your circumstantial realities, it's about your source of nourishment in the midst of your circumstances...**

Let's me lie down: implies that God is the cause of refreshment.

Quiet: still... Point's to rest, resting place...

John Piper would say it like this: *Water corresponds to the need for refreshment. When you are most thirsty and most desperate, most dehydrated, it's water that you want, and nothing else. "He leads me beside still waters [means] that God invites you to receive refreshment, reviving, and a new beginning.*

For many of you, COVID has brought you face to face with deficiencies and gaps in your life- Deficiencies and gaps that you used to be able to hide or fill up with business... Business that allowed you to avoid things in your life...

But now they are exposed... And you're feeling the impact of that in your life... Seeing things about yourself...

And Jesus is saying, it's ok come here... This is why I came; I came because of your sin and your brokenness... I came because apart from me you have no hope...

Example: Woman at the Well... John 4:7-26

13 Jesus said, "Everyone who drinks from this water will get thirsty again. **14** But whoever drinks from the water that I will give him will never get thirsty again. In fact, the water I will give him will become a well, of water springing up in him for eternal life."

15 "Sir," the woman said to him, "give me this water so that I won't get thirsty and come here to draw water."

16 "Go call your husband," he told her, "and come back here."

17 "I don't have a husband," she answered.

She was exposed- Jesus redirected her to Himself...

When God's long-awaited Servant arrives on the scene, he announced that the water he gives is "living water."

Gospel... Jesus had to be poured out so that we could experience His life-giving water.

Jesus says: Not only will he quench our soul's thirst in the moment, but "whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life".³

Appeal: Some of you have been looking in the wrong places and you're exposed...

Conclusion [VAMP]

For those wasting away of thirst in the desert, all they can think of is water. And so, God's offer begins with the most essential need: life. His water revives the faint. His water restores the weary. The good shepherd "leads me beside still waters."⁴

COVID has put some of you in the desert, you don't need better circumstances, you need Jesus!

Some of you need to embrace the gospel for the first time...

God's provision of green pastures and calm waters comes through the person of Christ.

Jesus is the nourishment that you need... He is the refreshment, and in Him you find rest.

³ [Article: David Mathis](#)

⁴ [Article: David Mathis](#)

Matthew 11:28 "Come to me, all of you who are weary and burdened, and I will give you rest.

Pray...