

## **WOMEN IN THE WORD**

### **FELLOWSHIP BIBLE CHURCH**

The 23<sup>rd</sup> Psalm by Juanita Ryan  
Lesson 2: The God Who Invites Us to Rest  
September 27, 2022

The quality of God's provision.

Rich, abundant

Deut. 32:2—as dew on fresh grass in the morning.

Regularly leads

God was at work in David's life, leading him to the best provision.

The Lord meets his spiritual needs.

As grass is to sheep, the word of the Lord would be food for the hungry spirit.

“He makes me lie down in green pastures”

Sheep can't rest unless:

Free of fear

Free of tension

Free of pests

Free of hunger

Free of fear:

Sheep are timid and easily panicked.

Little self-defense, helpless

Shepherd calms them with his presence in the field

Believers' life—no substitute for Christ's presence. We live in a world of uncertainty and anxiety.

2 Timothy 1:7" For God has not given us a spirit of fear, but of power and of love and of self-discipline."

Psalm 4:8 "In peace I will lie down and sleep, for you alone, O Lord, will keep me safe."

Free of tension:

Rivalry, competition, "butting order"

Picture of this in Eze. 34:15-16;20-22

In v. 20-22: "Therefore, thus says the Lord God to them: Behold, I Myself will judge between the fat and the lean sheep. Because you have pushed with side and shoulder, butted all the weak ones with your horns, and scattered them abroad. Therefore, I will save MY flock, and they shall no longer be a prey; and I will judge between sheep and sheep."

They are always defending their rights.

Society today:

Same struggle for recognition and rights

Believers' contentment: 1 Tim. 6:6

Phil. 4:11, Paul says "I have learned how to be content in whatever circumstances I am."

Must have a humble heart

Keep eyes on Jesus

Free of pests:

Parasites, insects, ticks

Shepherd must keep watchful eye out for all these.

Believer:

Disturbing circumstances, harshness of life

Holy Spirit brings healing, comfort, relief...

Free of hunger:

Shepherd must clear the land, plow, seed and plant.

Green pastures don't just happen.

When our Shepherd makes us lie down, we lie down in His finished work.

With His own pierced hands, Jesus created a pasture of the soul.

Two pronouns preceding 2 verbs: He makes, He leads

Who is in charge?

Is. 26:3 "You will keep him in perfect peace, whose mind is stayed on You."

How does the Shepherd do this??

Why is rest important?

- Mental health

- Concentration & memory

- Immunity, reduced stress

"He leads me beside still waters"

Care of the sheep; refresh with cleansing and rest.

Hebrew verb means lead, guide, usually reference to guidance to water.

Is. 49:10

The waters that the Lord leads us to are literally "restfulness" meaning places of complete rest and refreshment.

Sheep are led to still, calm lagoons. But not just water to drink, it included finding a place for cleansing and refreshment.

Turbulent, stormy waters in the Old Testament speak of distress (Isa.

28:2; 2Sam. 5:20)

Calm waters for washing represent spiritual cleansing. (Lev. 11:32; 16:4; 17:15; Ex. 30:18-21)

The point is the Lord cleanses people from sin.

Provides spiritual refreshment and renewal.

Sheep: their body 70% water.

Water determines its health and general well-being.  
When thirsty they become restless.

Our thirsty souls can only be fully satisfied when our capacity and thirst for spiritual life is fully quenched by drawing on our Good Shepherd.  
Look at Matt.5:6 and John 7:37

Sheep can go months without drinking IF there is heavy dew on the grass each morning.

Sheep rise just before dawn and feed. Their shepherd must rise early.

Believers often rise early to spend time with their Savior. To cope with the day's situations, we need refreshing. Jesus knows the human heart, personality, soul—and it's never satisfied with a substitute.

“He restores my soul”

From Allen Ross commentary:

Verb restore= cause to turn back, restore; (Psalm 126:1)

Hebrew verbal system= can mean “return” or it can mean “repent”

1Kings 13:6 restoring withered hand

Is. 58:12 repairing the walls

Returning something to its original state

Forgiveness and renewing

Why would we need this?

spiritual disobedience

scattered

ex. the lost sheep Luke 15:3-7

David was much loved but still cast down, defeated, and gave into temptation.

Psalm 42:11

Cast sheep:

on their backs, feet in the air

struggling to get up

must be found and rescued

Believers fall---Jesus picks up again and again  
Our Savior looks for us, loves us, has patience and tenderness for us.  
Luke 15---the lost chapter  
Lost coin---still in the house  
Lost silver---yet be on the floor  
Sheep had its shepherd, money its owner, the prodigal his father

Matt. 11:25-30

v.25 Jesus expresses thanks to the Father.

Revealed truth to humble and childlike

Luke 10:21

Ps. 8:2 "Out of the mouth of babes and nursing infants You have ordained strength, because of Your enemies, that You may silence the enemy and the avenger."

V. 27—Tony Evans: accept the divine viewpoint, become like infants that trust their daddy!

Stanley Toussaint book Behold the King, A Study of Matthew: spiritual things could not be revealed to Israel because of their pride. He also says in v.27 that after Jesus recognizes the sovereignty of His Father, He openly acknowledges His own authority.

v. 28 Jesus extends invitation to spiritual rest.

From the burdensome yoke of pharisaic legalism.

Matt. 23:4 "For they bind heavy burdens, hard to bear, and lay them on men's shoulders; but they themselves will not move them with one of their fingers."

Rest signifies the state of mind that exists when one who is lost realizes he doesn't have to earn his salvation.

"weary" and "heavy laden" the condition of Israel

A yoke:

Harness to necks of oxen to do their work

To train younger-yoke to older, experienced  
Believers have positional rest of eternal life.  
Also, opportunity to experience the rest of discipleship and service.  
Yoke and learn---Jewish metaphor—discipline and obligation—the law

1Kings 12:4 “Your father made our yoke heavy; now therefore, lighten the burdensome service of your father, and his heavy yoke which he put on us, and we will serve you.”

Acts 15:10

“take my yoke” ---become Jesus’ disciple  
learn from Him  
His discipline would be easy and light  
become like Him=humble and gentle

Charles Swindoll: “When we remember that God wants us to conform to His Son’s image, we realize He wants us to have qualities like Jesus had. We must let gentleness and humbleness emerge.”

Jehovah-Shalom: The Lord Who Is Peace

Judges 6:22-23 “Peace be with you.... v.24 Gideon built an altar and called it The-Lord-Is-Peace. The Hebrew phrase is Jehovah-Shalom.

Phil.4:6-7

Jehovah-Rapha: The Lord Who Heals

Exodus 15:22-26 “.... For I am the Lord who heals you”

The Hebrew text, the title “The Lord Who Heals You” is Jehovah-Rapha.

Next week lesson 3: The God Who Guides Us