

Weekly Study of Sunday's Message.

Sunday November 4, 2018. Psalm 23. "Breathe; Slow Down".

A. Intro.

Welcome to the weekly devotional that gives you some specific things to work thru from the message this past Sunday. Whether you were able to attend the worship service or not, this devotional is free-standing and you can still use it to help you dig deeper in your own spiritual walk. Take as long as you need to dive into this material and feel free to share it.

B. Sunday's Message.

Sunday Pastor Lamar began a four week study of Psalm 23. We've spent the past five weeks looking into the life of David, and now we examine one of his most famous songs, with a little bit more understanding of just who he was. Psalm 23 is one of the most well known passages of scripture, and you hear it everywhere, especially funerals. It speaks of the nature of God, our relationship to this God, and what our life could look like if we embrace this **"With God Life"** that David practiced.

Before we start our look into this famous passage, we'll highlight the specific theme for this message and ask some questions to get you thinking.

The theme for this message is *"Slow Down"*, and talks about our tendency to fill up all of the empty spaces in our life...especially our available time and energy.

Where do you find yourself getting busier than you can manage?

What effects does busyness, your pace of life, have on you specifically?

Where may you have unnecessarily added to the pace, or busyness, of your life?

C. Scripture.

The specific passage used this past Sunday was the first three verses of Psalm 23. There is a method of reading scripture called *"Lectio Divina"* in which you read a short passage and sit in silence with it for a bit. Just to 'feel' what it says. After reading it once, a person rereads that passage and mentally flag any words or phrases that speak to you in the moment. So read **Psalm 23:1-3** in this way, with the concept of busyness in mind, and then we'll unpack it a bit.

What spoke to you personally in these three verses?

What do they say to you about the theme *"Breath"* and *"Slow Down"*?

D. Specific points.

Lamar said there are specific truths we are to pull from these first three verses of Psalm 23.

1. We live in the fear of scarcity, or 'not enough'.

This is the idea that there isn't enough of...whatever you need, to go around, and so we have to live in this frenzied pace to make sure we get 'ours'.

What does the fear of scarcity, 'not enough', do to us personally? To our society?

We saw the quote; *"Running after resources always reduces relationships"*.

How has this been true in your life?

The pace of life, busyness, damages our soul. We must learn to develop ways to eliminate this mindset from our daily life.

2. The job of the shepherd was to lead to the 'supply'.

David needs and wants his shepherd, God, to help him find a slowing down place to rest and recover. So the question is:

Do we trust God to give us what we need?

Once we can grow this trust IN God to supply what we need, then we can slow down enough to find the rest this passage promises.

3. Battling the "more monster".

The more monster is the belief that happiness, contentment, is just around the corner...always.

In what way do YOU battle your own "more monster"?

Two quotes from Sunday.

"More is a monster that eats away at margin".

"When I run out of the belief in God's ability to meet my needs I run after 'more', and I run over the margin, and run out of breath".

The secret to the powerful pull of 'more' is to learn to quit and simplify. To live with 'less'.

"Create a list of things not to do, places not to go, things not to have, people not to hang with".

What could you quit, give up, etc?

4. Rest is found on the 'right path'.

This means there is a way of life, habits, practices, a routine, that would help build 'rest', recharge, re-energizing, if we could just build a life walking this path with God.

Describe what this path could look like?

God has this incredible life for us. It's not based on how fast and frenzied we can earn it. All we have to do is create a lifestyle, a pattern of life, a path, and **God will lead us to this place**. He is our shepherd and wants to lead us to those still, quiet waters, and lush green meadows.