

THE

LORD IS MY SHEPHERD

Psalms 23:2-3a



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- 50% of senior citizens

Sleeplessness:

- Afflicts 70 million Americans
- Faulted for 38,000 deaths/yr
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Sleeplessness:

- In 1910 Americans slept **nine hours** a night average



Sleeplessness:

- In 1910 Americans slept **nine hours** a night average
- In 2018 Americans sleep **seven hours** a night average















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A group of sheep standing in a field with a large, textured, reddish-brown circular shape in the background.

REST

Psalm 23



Psalm 23
is the antidote to bad
ideas about God



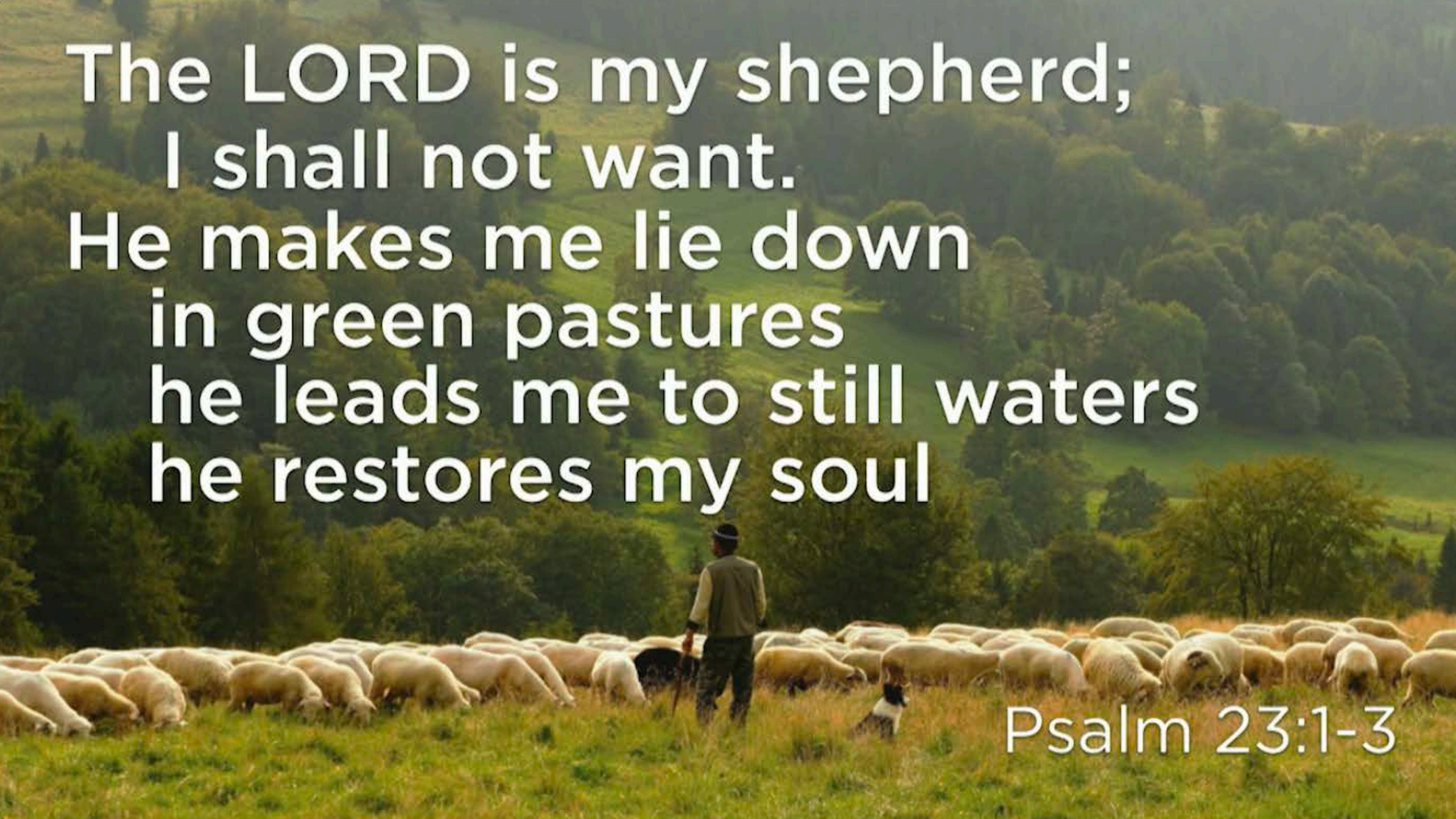
**God is not pro-
exhaustion**



The LORD is my shepherd;
I shall not want.

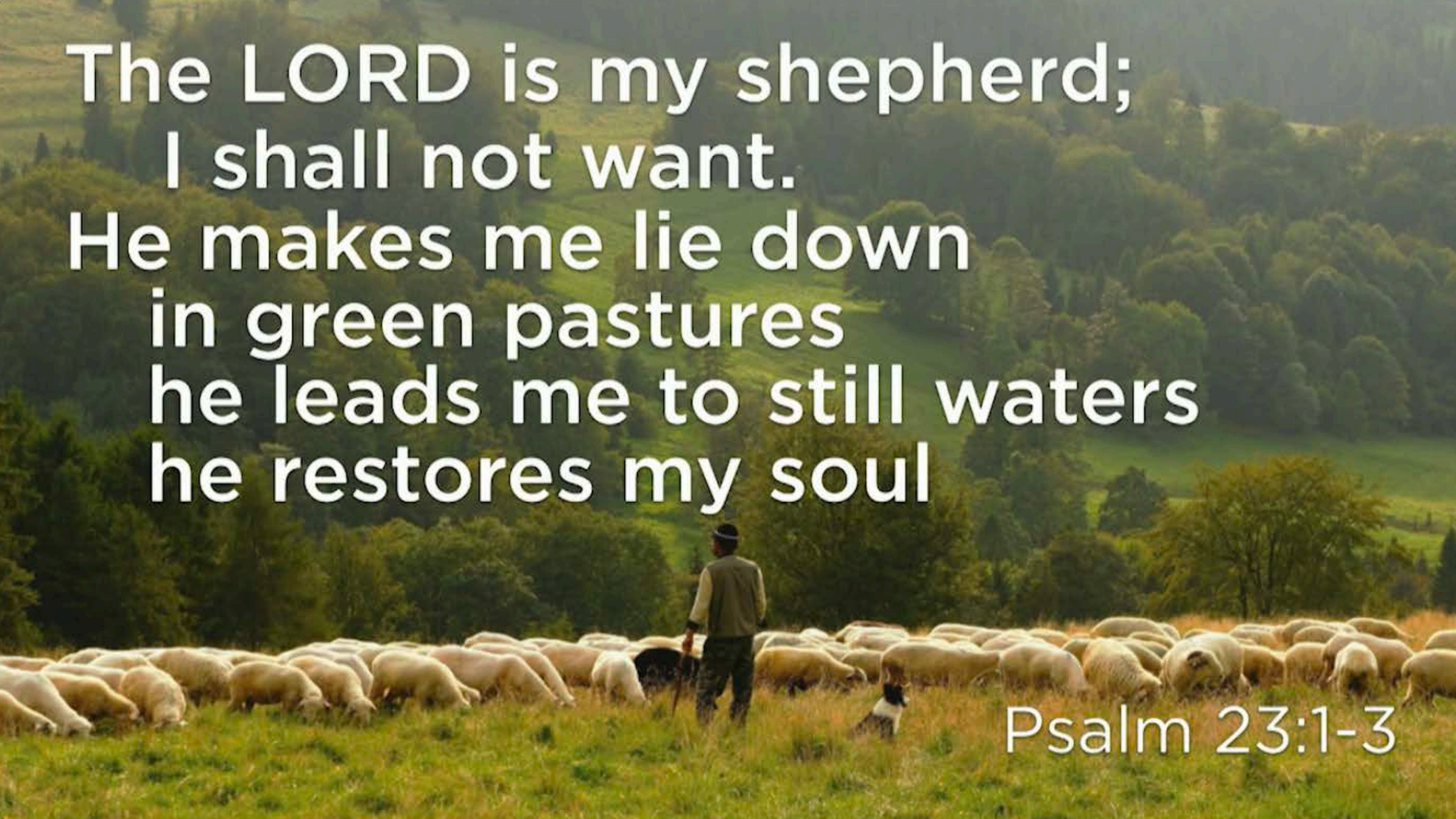


Psalms 23:1

A shepherd in a hat and vest stands in a lush green valley, herding a large flock of white sheep. A small dog is visible near the shepherd. The background is filled with dense green trees and rolling hills under a soft, hazy sky.

The LORD is my shepherd;
I shall not want.
He makes me lie down
in green pastures
he leads me to still waters
he restores my soul

Psalms 23:1-3

A shepherd in a hat and vest stands in a lush green valley, herding a large flock of sheep. A small dog is also visible among the sheep. The background is filled with rolling hills and dense green trees under a soft, hazy sky.

The LORD is my shepherd;
I shall not want.
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Psalms 23:1-3

WHAT SHEPHERD DO FOR TIRED SHEEP



“He makes me lie down in green
pastures; he leads me to still
waters; he restores my soul.”

(Psalm 23:2-3a, NRSV)



“Sheep can’t rest unless they’re
free of **fear**
free of
free of
free of .”

- Philip Keller





“Sheep can’t rest unless they’re
free of **fear**
free of **friction**
free of
free of .”

- Philip Keller





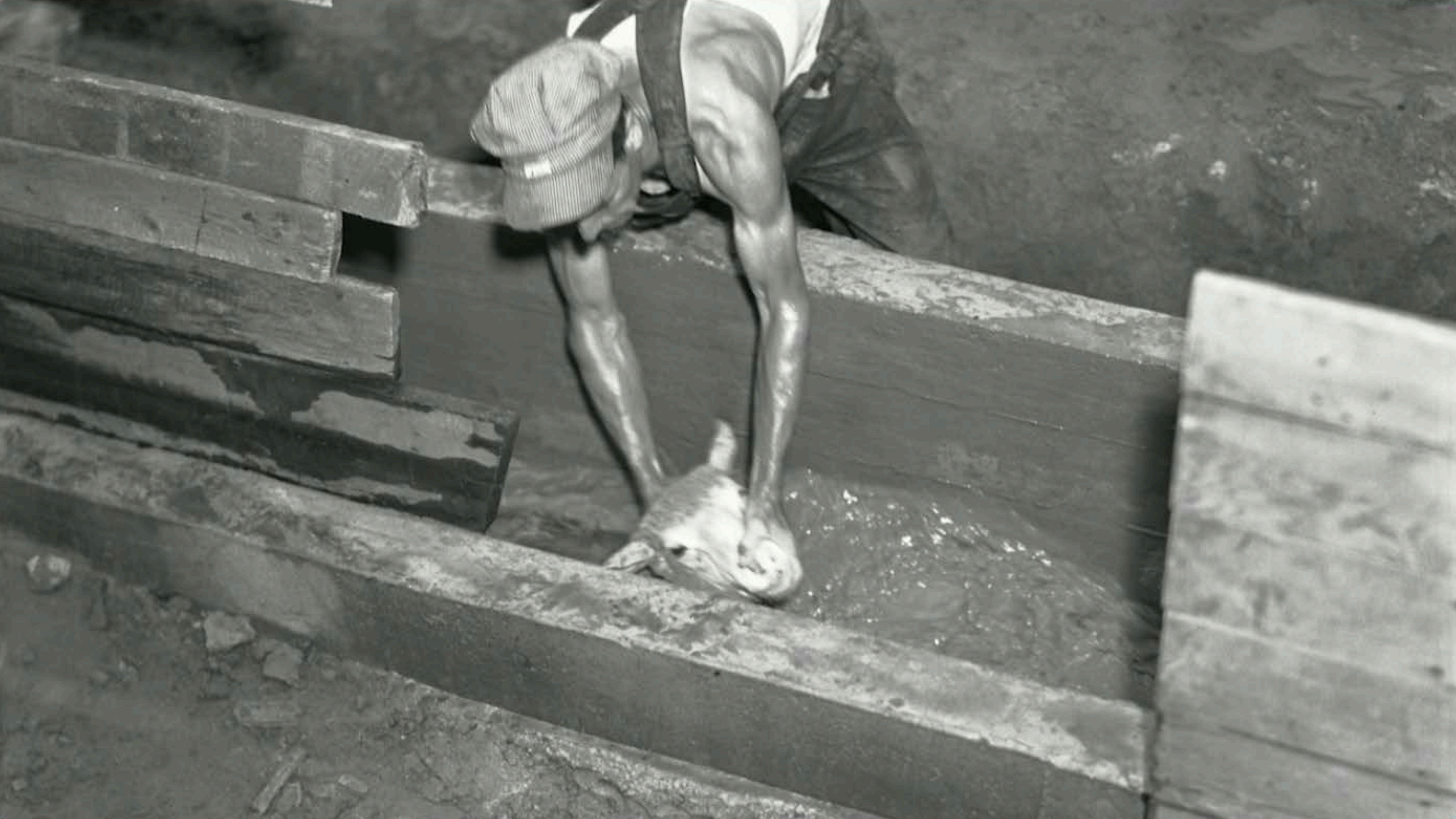




“Sheep can’t rest unless they’re
free of **fear**
free of **friction**
free of **pests**
free of .”

- Philip Keller





“Sheep can’t rest unless they’re
free of **fear**
free of **friction**
free of **pests**
free of **hunger**.”

- Philip Keller















“He makes me lie down in green
pastures; he leads me to still
waters; he restores my soul.”

(Psalm 23:2-3a, NRSV)





A photograph of a rural landscape featuring rolling green hills under a blue sky with scattered white clouds. In the foreground, a muddy, brownish pool of water sits on a patch of dry, brownish ground. A large flock of sheep, mostly white with some black ones, is gathered around the pool, drinking. The text is overlaid in large white font across the upper half of the image.

**“Sheep will drink from small,
dirty, muddy pools... quite sure
it is the best drink obtainable.”**

—Philip Keller







“He makes me lie down in green
pastures; he leads me to still
waters; **he restores my soul.**”

(Psalm 23:2-3a, NRSV)





“A ‘cast’ sheep is a pathetic sight. Lying on its back, feet in the air, struggling to stand up. If the shepherd does not help, the sheep will die.”



–Philip Keller



“**He** makes me lie down in green
pastures; **he** leads me to still
waters; **he** restores my soul.”

(Psalm 23:2-3a, NRSV)



The answer is not
the **sheep** try harder.



The answer is not
the **sheep** try harder.

The answer is
the **shepherd** is good.



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