



THE *Lord* IS MY  
SHEPHERD

Psalm 23:2-3a

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# Sleeplessness:

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# Sleeplessness:

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- In 1910 Americans slept nine hours a night average



# Sleeplessness:

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













THE

*Lord* IS MY  
SHEPHERD





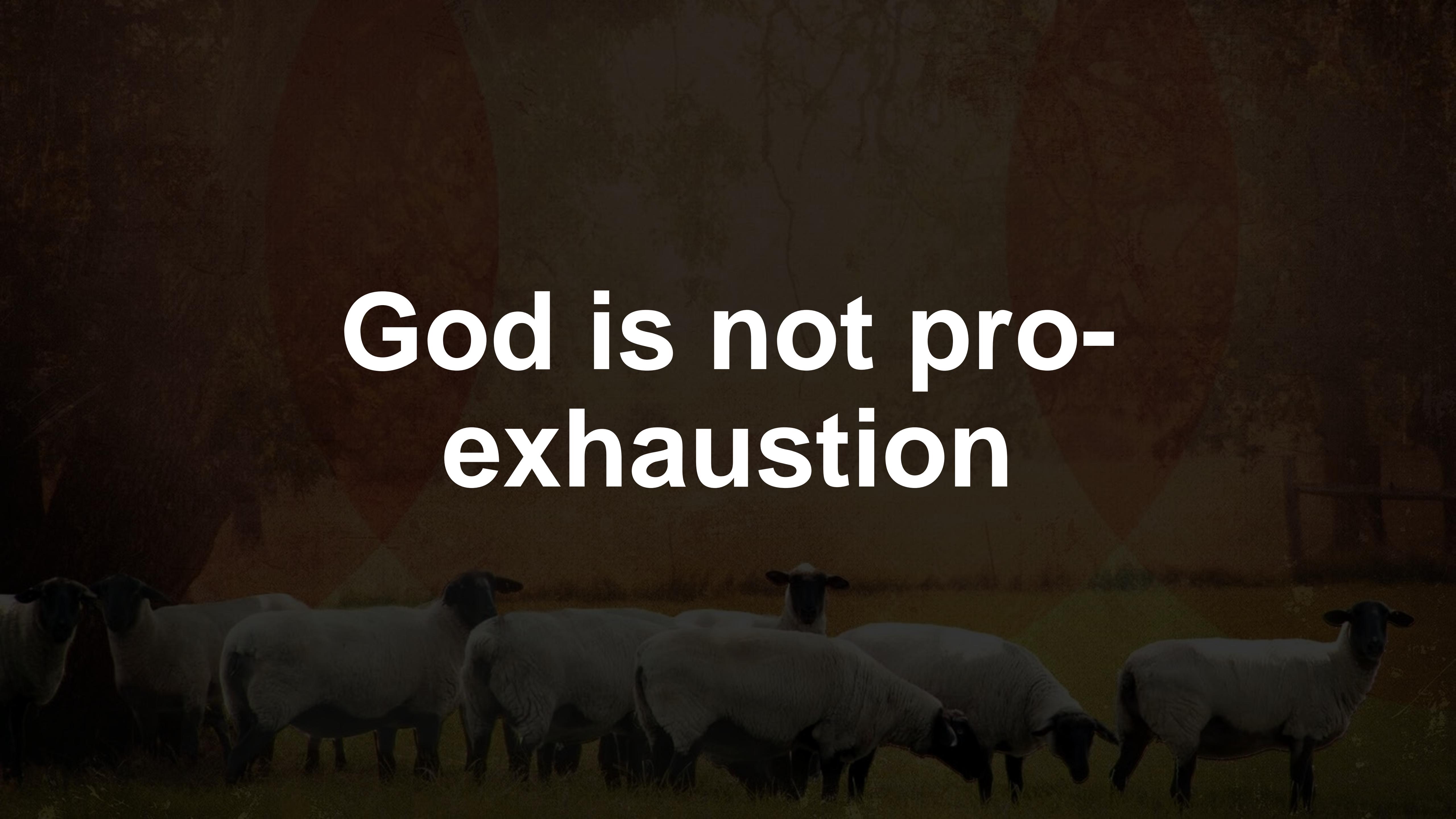
REST

# Psalm 23



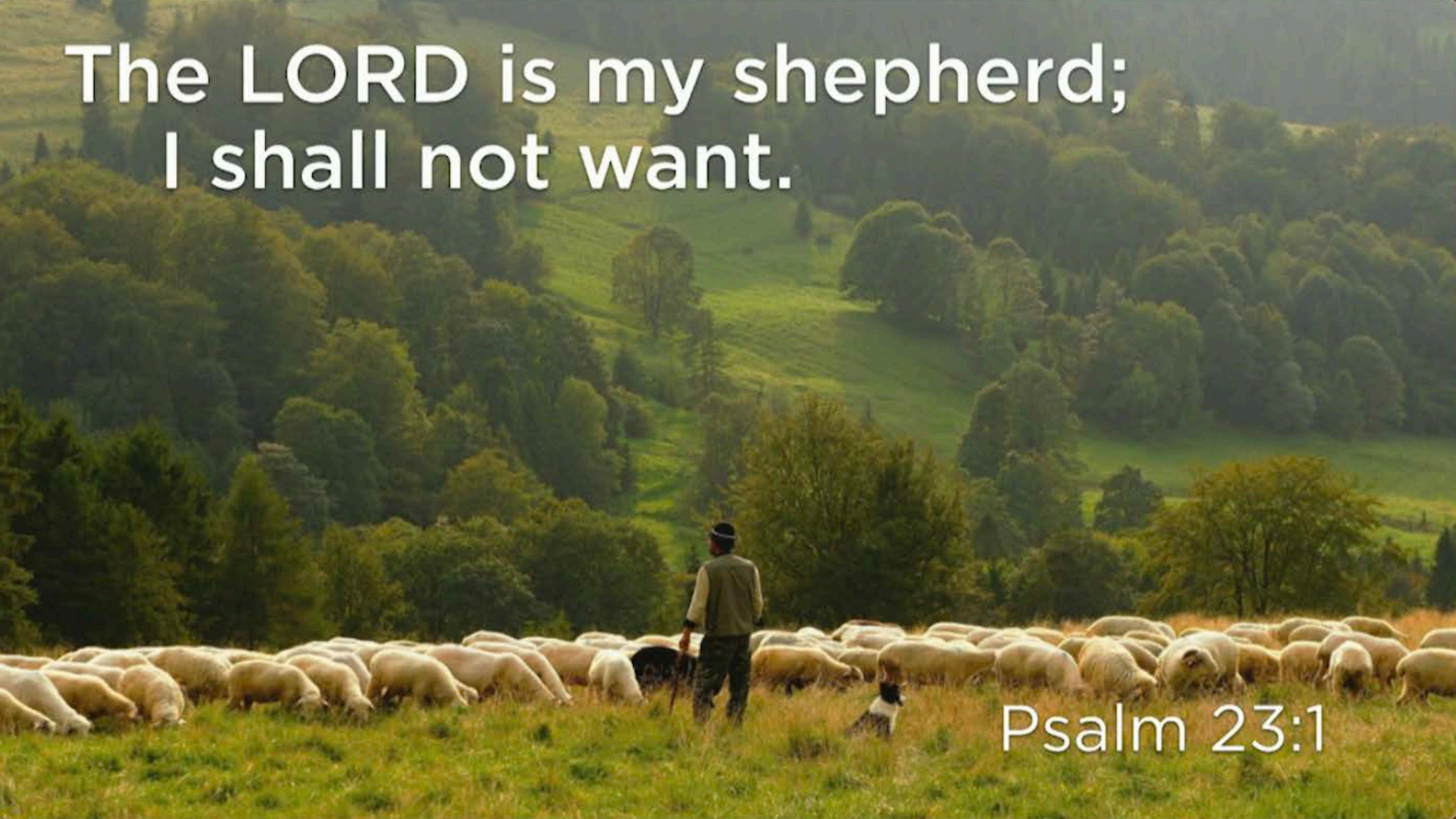
Psalm 23  
is the antidote to bad  
ideas about God





God is not pro-  
exhaustion

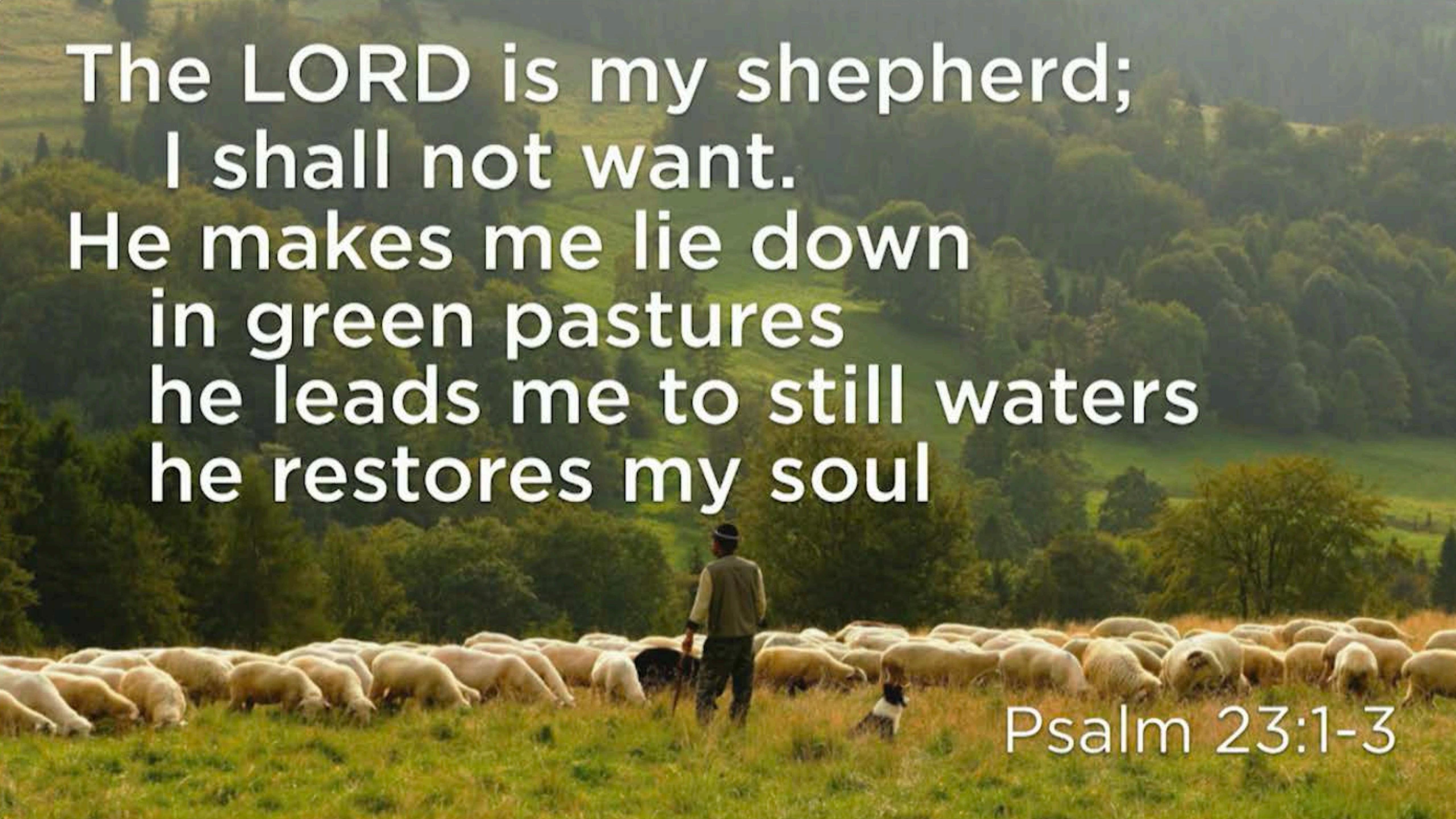
The LORD is my shepherd;  
I shall not want.



Psalm 23:1

The LORD is my shepherd;  
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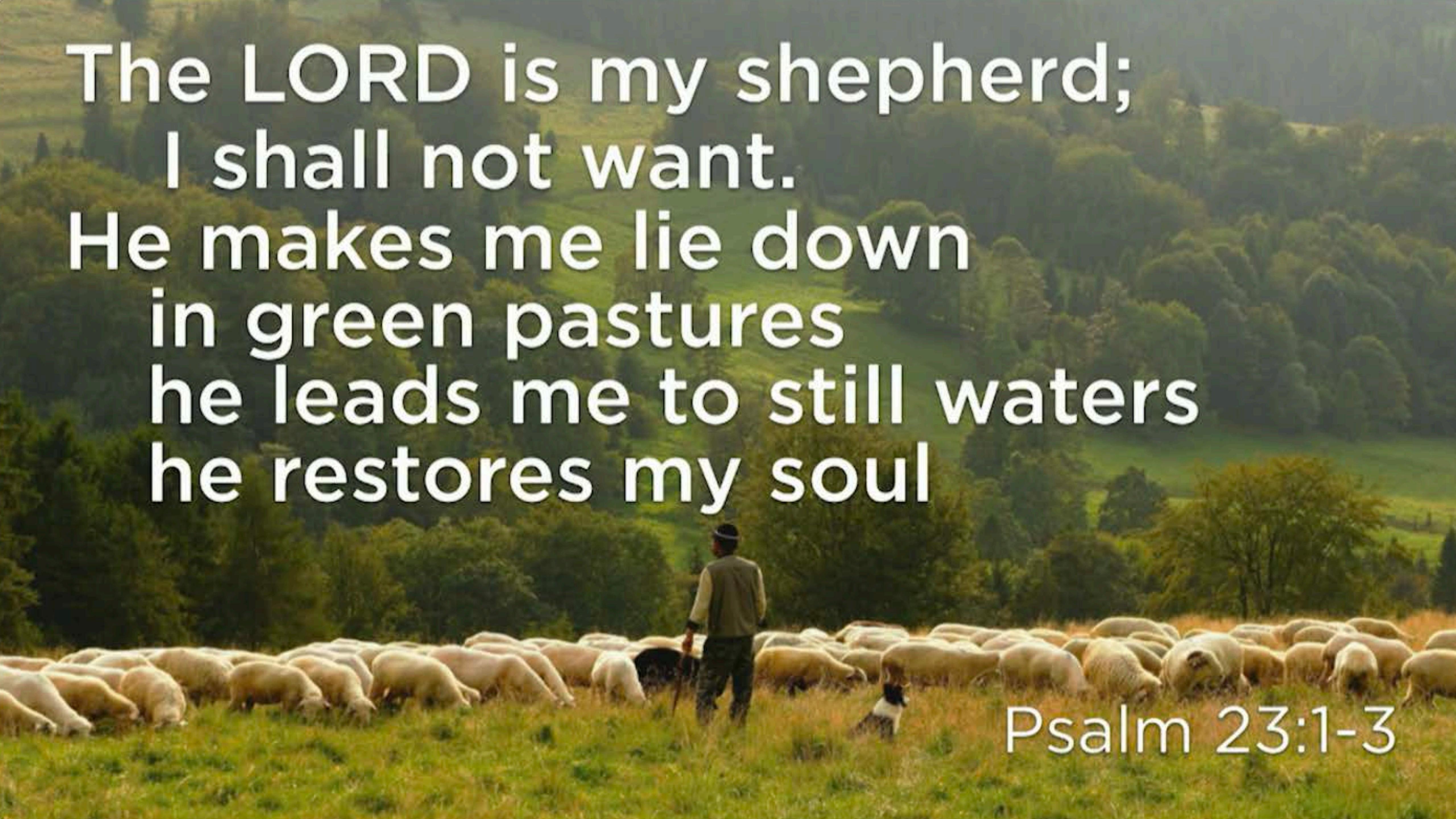
He makes me lie down  
in green pastures  
he leads me to still waters  
he restores my soul

A photograph of a pastoral scene. In the foreground, a shepherd, dressed in a dark long-sleeved shirt and dark trousers, walks away from the camera, leading a large flock of white sheep across a green, rolling hillside. The background is filled with dense green trees and foliage under a clear blue sky.

Psalm 23:1-3

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Psalm 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  
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 .”

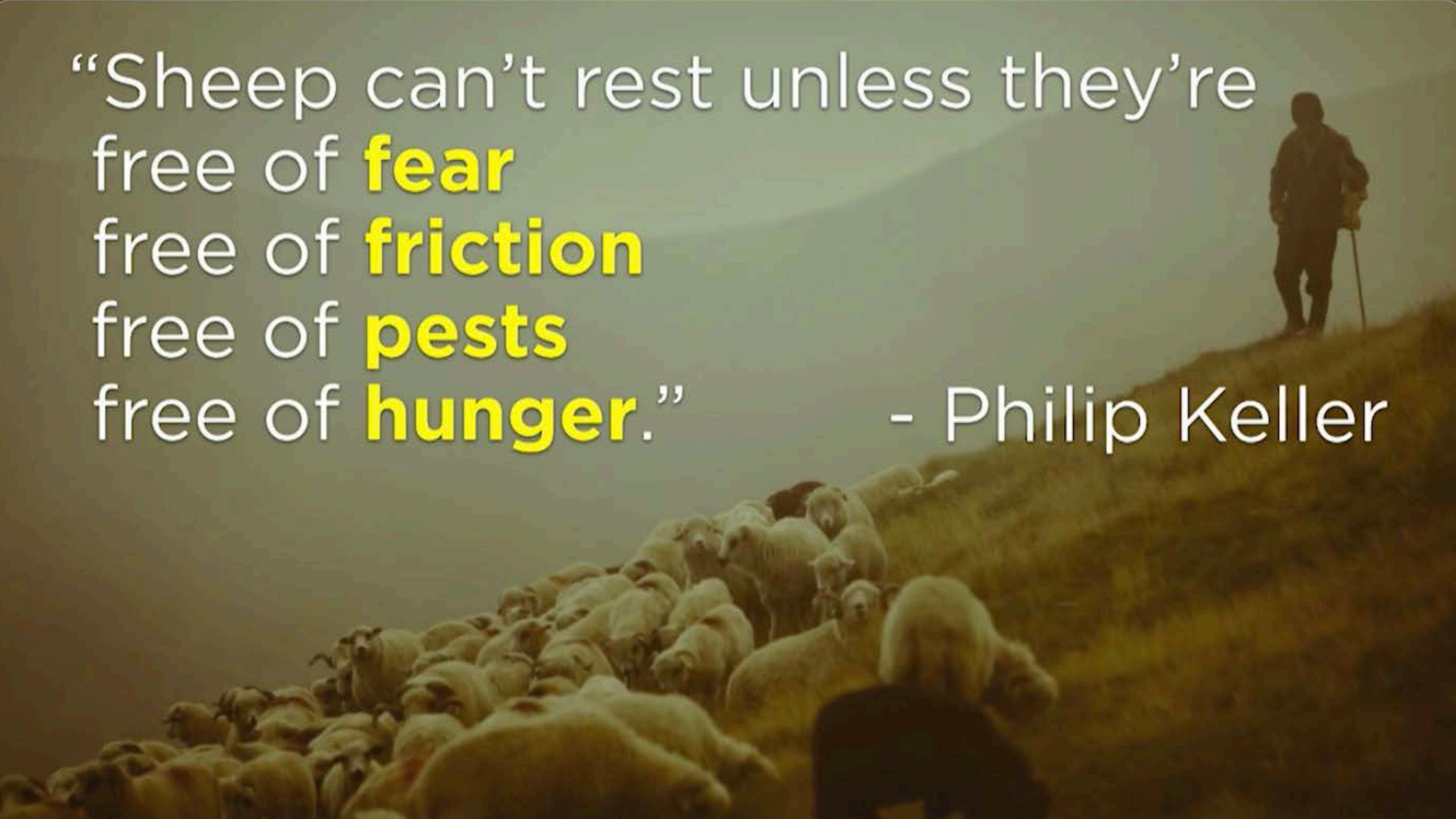
- Philip Keller





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

- Philip Keller













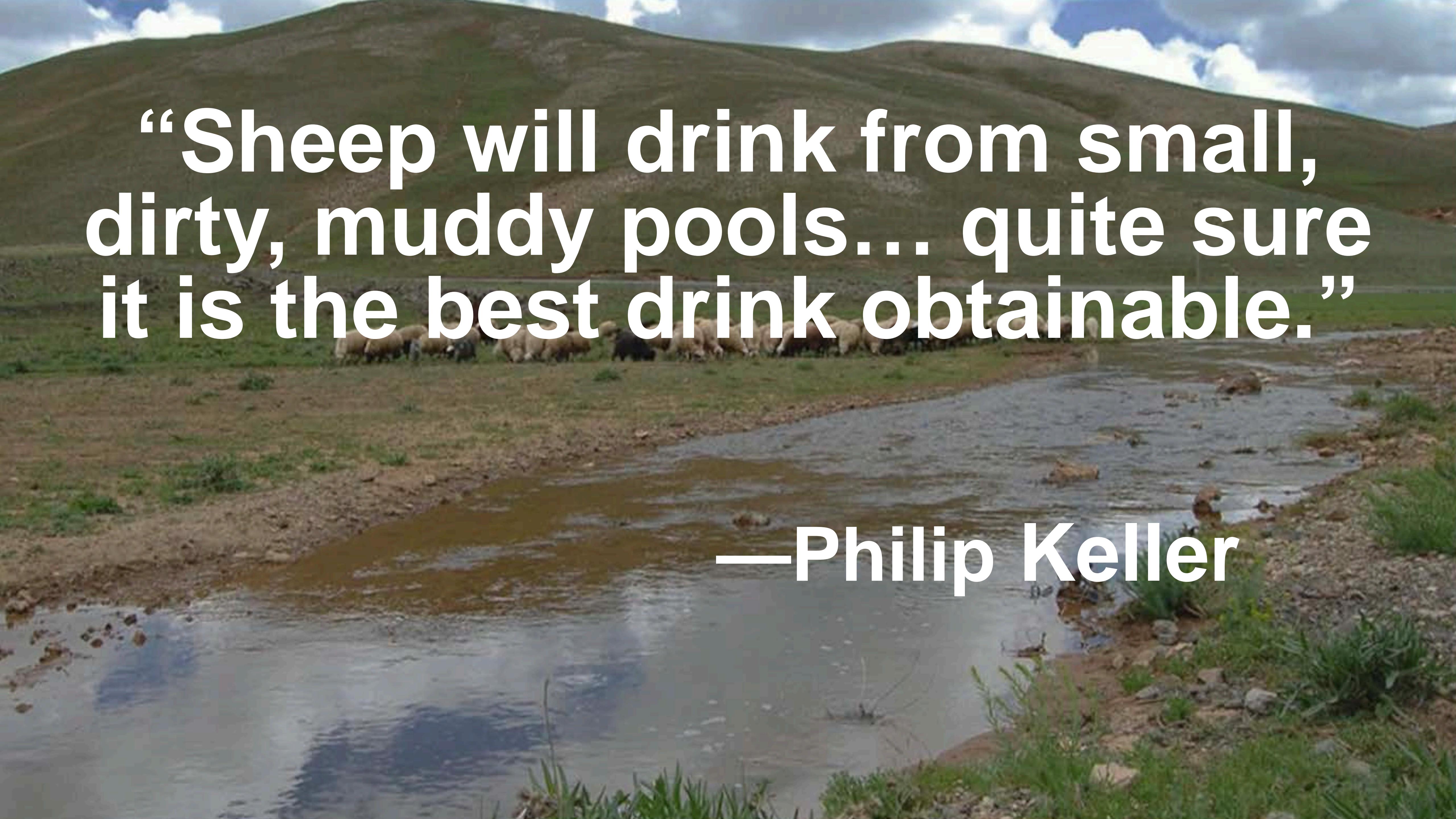


“He makes me lie down in green pastures; he leads me to still waters; he restores my soul.”

*(Psalm 23:2-3a, NRSV)*







“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.”



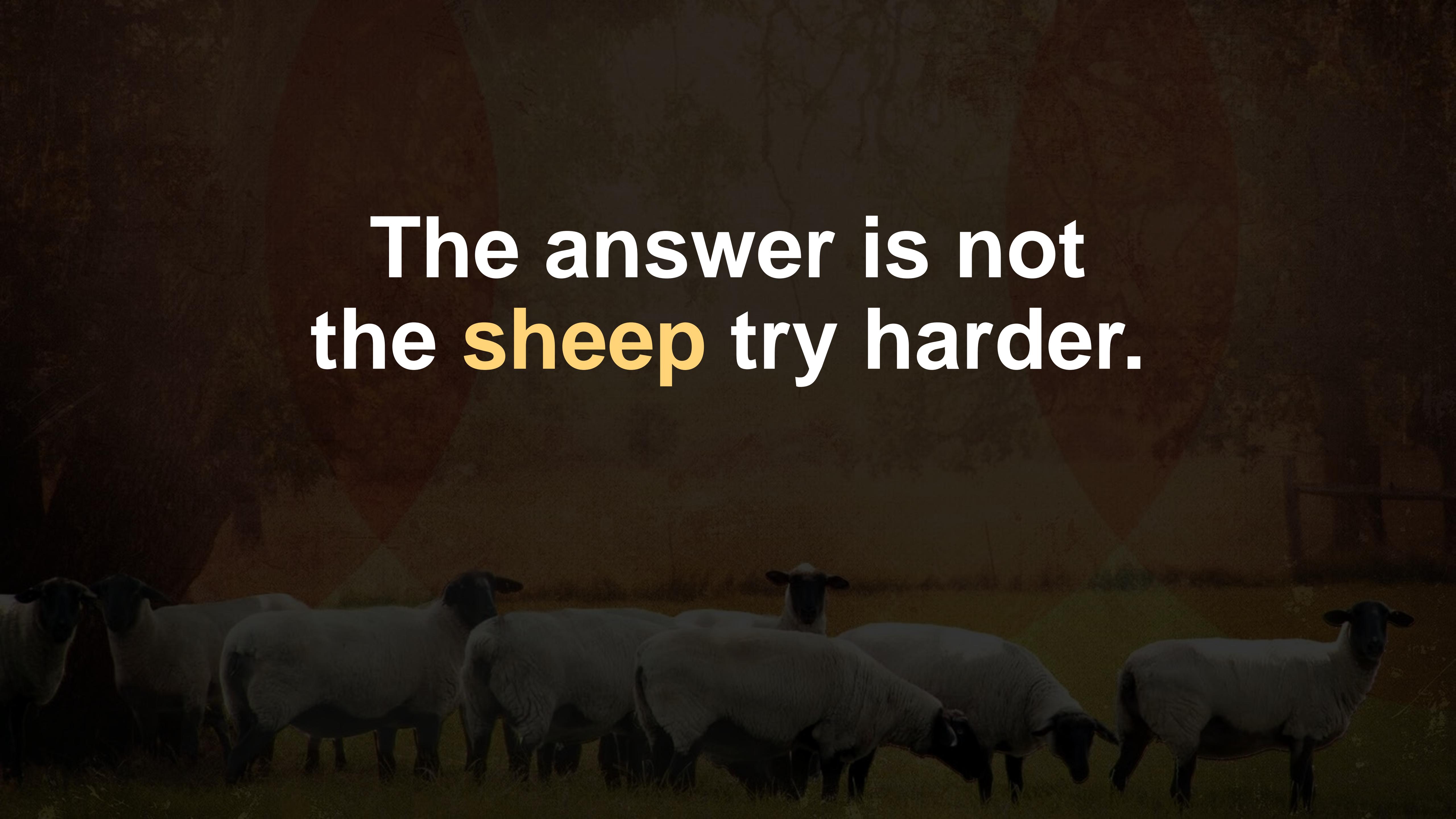
-Philip Keller



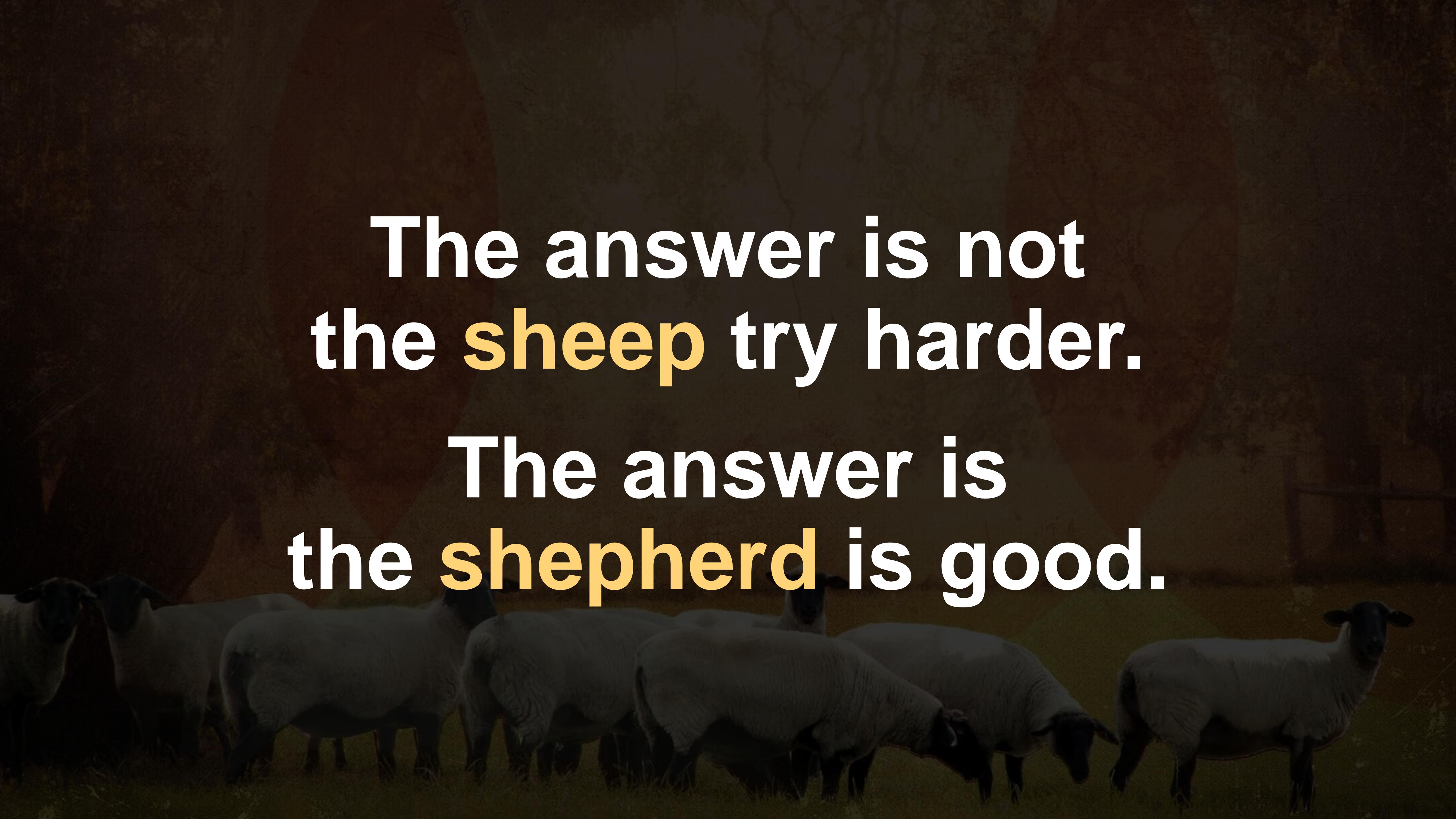
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The answer is not  
the sheep try harder.



The answer is not  
the sheep try harder.

The answer is  
the shepherd is good.



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