

You can't survive this life spiritually without times of sabbath rests

A designated period of time that is set aside to get alone with God to seek renewal and restoration.

My soul waits in silence for God only, for my hope is from Him. He only is my rock and my salvation, my stronghold; I shall not be shaken. Psalm 62:5-6

On God my salvation and my glory rest; the rock of my strength, my refuge is in God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah. Psalm 62:7-8

In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there. Mark 1:35

And He said to them, "Come away by yourselves to a secluded place and rest a while." (For there were many people coming and going, and they did not even have time to eat.) They went away in the boat to a secluded place by themselves. Mark 6:31-32

So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Hebrews 4:9-10

Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. Hebrews 4:11

Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:16

The Lord is my Shepherd, I shall not want. Psalm 23:1

Sheep get lost because they wander and lose sight of the shepherd

Sheep wander and get lost because they don't know when to stop wandering

He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake. Psalm 23:2-3

Stop. Look. Listen. Return

Sheep need to learn to stop and lie down in green pastures.

He makes me lie down in green pastures Psalm 23:2a

What are the things that are keeping you from lying down in green pastures?

Sometimes the shepherd would have to break a sheep's leg to make them lie down

Sheep are incapable of finding good water on their own.

He leads me beside quiet waters. Psalm 23:2b

Sheep cannot restore themselves

He restores my soul Psalm 23:3a

Restore to me the joy of Your salvation And sustain me with a willing spirit. Psalm 51:12

Sheep need to see the shepherd in order to stay on the path and to see where they are going.

He guides me in the paths of righteousness for His name's sake. Psalm 23:3b