

THIS CHANGES EVERYTHING... PSALM 23

“Hurry is the great enemy of the spiritual life. You must ruthlessly eliminate hurry from your life.”

- Dallas Willard

Matthew 11:28-30 NLT

*Then Jesus said, “Come to me, **all of you** who are **weary and carry heavy burdens**, and I will **give you rest**. Take my yoke upon you. **Let me teach you**, because I am humble and gentle at heart, and you will find **rest for your souls**. For my yoke is easy to bear, and the burden I give you is light.”*

God is our only source for TRUE REST

Psalm 23:1-3a

*The Lord is **my shepherd**;*

*I have **all that I need**.*

*He **lets me rest** in green meadows;*

*he leads me beside **peaceful streams**.*

*He **renews my strength**.*

REST is a result of finding CONTENTMENT

Philippians 4:10-13

How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me.

Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

For I can do everything through Christ, who gives me strength.

We think SUPERPOWERS but God's promise is for even the DARKEST HOURS

Anxiety & Fear is the pandemic no one talks about

Psalm 23:2-3

*He **lets me rest** in green meadows;
he leads me beside **peaceful streams**.
He **renews** my **strength**.*

Matthew 8:23-27

*Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting, "Lord, save us! We're going to drown!" Jesus responded, "Why are you afraid? You have so little faith!" Then he got up and rebuked the wind and waves, and suddenly there was a great calm. The disciples were amazed. "Who is this man?" they asked. "**Even the winds and waves obey him!**"*

Jesus is PEACE

Psalm 23:2-3

*He **lets me rest** in green meadows;
he leads me beside **peaceful streams**.
He **renews** my **strength**.*

God gives LIFE to all who spend time with Him

Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Talk it over:

1. How can we avoid thinking it's just a "season"?
2. What things in life are preventing you from finding true rest?
3. Read through Matthew 8:23-27 again. Discuss times you have reacted like the disciples and consider how you can react more like Jesus.
4. What changes could you make to find more rest this week?