

The Shepherd of My Soul – Week 2

Psalm 23:2–3a (CSB)

*He lets me lie down in green pastures;
He leads me beside quiet waters.
He renews my life.*

1. Living in the Shepherd's Presence

Key idea:

Peace doesn't come from circumstances but from connection with Christ.

Philippians 4:8–9 (CSB)

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. Do what you have learned and received and heard from me, and the God of peace will be with you.

- “Dwell” = to stay fixed on truth → the language of **meditation**.
- Meditation is not emptying your mind but **filling it with God's Word**.
- It is **spiritual warfare** — the battlefield of faith is the mind.
- As we dwell on God's Word, we silence lies, replace fear with truth, and let the Shepherd's voice bring peace.

2. “He Lets Me Lie Down in Green Pastures”

Question: What does a sheep in His flock experience?

Truth: The Good Shepherd removes every barrier to rest.

Barriers that keep sheep from lying down:

- Fear of predators
- Social tension in the flock
- Insects & parasites
- Hunger

When David says, “*He lets me lie down,*” he's declaring that every threat has been handled by the Shepherd.

3. Our Barriers to Rest

A. Death, Satan, and the World

- **1 Corinthians 15:26** — *The last enemy to be abolished is death.*
- **1 Peter 5:8** — *Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour.*
- **John 15:19** — *Because you are not of the world, but I have chosen you out of it, the world hates you.*

B. Unforgiveness, Bitterness, Resentment, Hate

- **Ephesians 4:31–32** — *Let all bitterness, anger and wrath, shouting and slander be removed from you... forgiving one another, just as God also forgave you in Christ.*

C. Anxiety, Guilt, and Shame

- **Matthew 6:31–33** — *Seek first the kingdom of God and his righteousness, and all these things will be provided for you.*
- **1 Timothy 6:10** — *The love of money ... has pierced many with griefs.*
- **Psalms 38:4–8** — *My iniquities have flooded over my head; they are a burden too heavy for me to bear.*

These burdens weigh us down like parasites—draining peace and robbing rest.

D. Emptiness, Longing, and Discontentment

- **Psalms 22:1–2** — *My God, why have you abandoned me?*
- **Psalms 51:17** — *A broken and humbled heart you will not despise.*

4. Jesus Removes the Barriers — Our Green Pasture

A. He Destroys the Predator

- **Hebrews 2:14–15** — *Through his death he destroyed the one holding the power of death ... and freed those enslaved by fear.*

B. He Heals the Wounds of Bitterness

- **Colossians 2:13–15** — *He forgave us all our trespasses ... nailing them to the cross. He triumphed over the rulers and authorities.*

C. He Removes Anxiety, Guilt, and Shame

- **Romans 8:1** — *There is now no condemnation for those in Christ Jesus.*
- **Zechariah 3:4** — *“Take off his filthy clothes ... I have removed your iniquity.”*
- **Isaiah 61:10** — *He has clothed me with garments of salvation and a robe of righteousness.*

D. He Satisfies Our Hunger and Longing

- **John 6:35** — *“I am the bread of life. No one who comes to me will ever be hungry ... or thirsty again.”*

Truth to write:

→ Only in Jesus does my deep spiritual hunger find satisfaction.
He is the pasture that nourishes my soul.

5. “He Leads Me Beside Quiet Waters”

Sheep won’t drink from rushing waters.

- God speaks in the **still small voice** (1 Kings 19).
- Jesus told the Samaritan woman:
John 4:14 — *“Whoever drinks from the water that I will give him will never get thirsty again ... a well springing up to eternal life.”*
- **John 7:37–39** — *“If anyone is thirsty, let him come to me and drink ... streams of living water will flow from deep within him.”*
(He said this about the Spirit.)
- **Romans 8:15–16** — *You received the Spirit of adoption ... the Spirit testifies that we are God’s children.*

Key thought:

The Holy Spirit is the quiet river within us — gentle, patient, faithful — continually reminding us of who we are in Christ.

6. “He Renews My Life” / “He Restores My Soul”

- “Renews my life” (CSB) and “Restores my soul” (ESV/NIV/KJV) carry the same idea: *to bring back, revive, refresh, return life to what was weary or broken.*
 - **John 10:10** — *“A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.”*
 - **2 Corinthians 5:17** — *If anyone is in Christ, he is a new creation; the old has passed away and the new has come.*

7. Invitation — Believe He Can Restore You

You don't restore yourself — the Shepherd does.
Present tense. Ongoing. Faithful.

Matthew 11:28 — *“Come to me, all of you who are weary and burdened, and I will give you rest.”*

Psalms 34:8 — *“Taste and see that the Lord is good.”*

Jesus is my rest. Jesus is my life. Jesus restores my soul.

Personal reflection space:

Areas of my life that need renewal: