

CHAPTER THREE

“HE MAKES ME LIE DOWN IN GREEN PASTURES”

TONIGHTS BIG IDEA:

With the Lord as our Shepherd, we can experience TRUE REST

Because of their makeup, it is almost impossible to make a sheep lie down unless these 4 requirements are met. Sheep must be free from:

1. _____
2. _____
3. _____
4. _____

FEAR

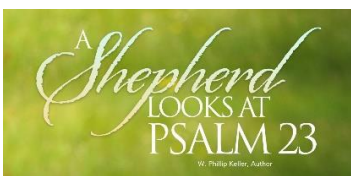
1. You might feel helpless, timid, feeble, and like your only recourse is to run!
2. There is nothing like Christ's presence in our lives to dispel fear, panic and the terror of the 'unknown'. There is NO substitute for the keen awareness that our Shepherd is near!

TENSION (in relationships)

1. Don't be consumed with or participate in a 'butting order'. The affection of the Shepherd is not directed to the bully; but instead toward the poor, weak sheep that are butted and hurt by the domineering ones.
2. The less aggressive sheep are more contented, quiet, and restful. If our eyes are on our Shepherd they will not be focused on those around us.
3. It is our Shepherds presence that puts an end to all rivalry.

AGGRAVATIONS (PESTS)

1. The tiniest things can become a major issue if ignored and not taken care of.
2. We need to spend time with our Shepherd daily so He can examine us thoroughly.
3. The Holy Spirit (often symbolized by oil) brings healing, comfort and relief in the face of frustrations and futility.



HUNGER

1. Green pastures do not just happen by chance. They are the result of a tremendous amount of labor, time and skill in land use by our Shepherd.
2. When God spoke of a 'land that flowed with milk and honey' for Israel, this meant something so much more to them than it does to you and I ... they knew this meant that there was provision there. They wouldn't need to worry about being hungry!

TABLE DISCUSSION:

1. Which of the 4 things that keep sheep (and us) from 'resting' do you most identify with?
2. What advice does the author give on this subject, and how can you apply it to your circumstance?

The word "REST" is mentioned over _____ times in the Bible!

Who rested in Genesis 2:1-3? _____

Scriptures to remind you of what God says about seeking Him for peace and REST!

Matt 11:28-30 (NIV)

Isaiah 14:3 (GNT)

Psalms 127:2 (GNT)

Mark 6:32 (GNT)

Exodus 33:14 (ESV)

Psalms 37:7 (NAS)

John 16:33 (MSG)

Exodus 20:8-10 (NIV)

Mark 6:31 (GNT)

Mark 2:27 (GNT)

Psalms 4:8 (ESV)

Isaiah 26:3 (MSG)

Hebrews 4:9-11 (MEV)

Philippians 4:6 (GNT)