

## Psalm 23:2 Rest and Recuperation (R and R)

**He makes me lie down in green pastures; He leads me beside quiet waters.**

God as our shepherd provides for our spiritual \_\_\_\_\_ and \_\_\_\_\_.

It's only when we heed Jesus' instruction to lie down, and we let Him \_\_\_\_\_ us by the quiet waters, when we \_\_\_\_\_, that we receive these times of refreshing.

**<sup>2</sup> He makes me lie down in green pastures;**

Sheep usually \_\_\_\_\_.

**Sheep stand because they are afraid; sheep rest when they are free from fear**

Because of all those potential predators like wolves, coyotes, dogs, bears, and lions and the like, sheep are easily frightened.

\_\_\_\_\_ and \_\_\_\_\_ can be both harmful to us personally, and cause us to make decisions that are not in our best interest or in the interest of our \_\_\_\_\_ as disciples of Christ.

But if we ourselves are \_\_\_\_\_, we will not find the \_\_\_\_\_ in God that will let us trust Him to lead.

**Sheep stand to eat because they're hungry; Sheep rest when they are Well-fed**

Just as sheep are well-fed on grass, we as believers are \_\_\_\_\_ on the Word of God.

When we \_\_\_\_\_ in the Word of God, we receive the comfort that we need.

When we \_\_\_\_\_ it—apply it to our lives, then it provides nourishment for us.

**Sheep stand because they feel friction within the flock**

The most dominant sheep will \_\_\_\_\_ those who they think are less worthy than themselves.

To sow discord, or to cause problems among God's people, is the exact \_\_\_\_\_ of what God expects as from us as one of His \_\_\_\_\_ (Proverbs 6:19).

We also can't use the Bible as a club to beat people over the head with. When we correct or admonish, we must do it in \_\_\_\_\_, just like God does with us.

**Sheep stand because they are tormented by flies and parasites**

Sheep have kind of an issue when it comes to flies and parasites because they don't have hands to be able to get rid of them.

These can sometimes be \_\_\_\_\_ that just seem unfair or seem to be trouble tailor-made to get on our nerves.

These can sometimes be \_\_\_\_\_ who just seem to rub us the wrong way, or who's habits and mannerisms just seem to bother us.

Give them to the \_\_\_\_\_.

**Sheep stand because they search for greener grass**

Some sheep are just restless and \_\_\_\_\_. Even when they have good pasture, good water a good shepherd, they're always looking out \_\_\_\_\_ at the other side of the fence

1 John 2:15 **Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him.**

## Rest in the Lord

What does it mean to \_\_\_\_\_ in the Lord?

Jesus said in Matthew 11:28 **Come to me, all who labor and are heavy laden, and I will give you rest.**

God wants to give us His \_\_\_\_\_.

**He leads me beside quiet waters.**

we need His guidance, so David says "he \_\_\_\_\_ me."

Jesus leads us by His \_\_\_\_\_, and the gentle \_\_\_\_\_ of his love.

**The Lord provides for our spiritual needs.**

The still waters are very much needed by the sheep as we receive cooling \_\_\_\_\_ from the Holy Spirit, \_\_\_\_\_ us from our weariness and \_\_\_\_\_ us when we are thirsty.

**John 7:37 Now on the last day, the great day of the feast, Jesus stood and cried out, saying, "If anyone is thirsty, let him come to Me and drink.**

This joy of communion with God, our spirit with the Holy Spirit, the refreshment that is always \_\_\_\_\_ to us as we are lead by Jesus by the still waters, freely able to drink of the living waters.