



Shepherd | Week 2
Bill Bush | 09.19.2020

Big Idea

I can't find rest in the Lord if I follow the rest of the world.

Psalm 23

¹ The Lord is my shepherd;
I have all that I need.

² He lets me rest in green meadows;
he leads me beside peaceful streams.

³ He renews my strength.
He guides me along right paths,
bringing honor to his name.

⁴ Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.

Your rod and your staff
protect and comfort me.

⁵ You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.

⁶ Surely your goodness and unfailing love will pursue me
all the days of my life,
and I will live in the house of the Lord
forever.

Realize where my worth is found.

Enjoy what I already have.

Stick to a Sabbath.

Trust the Shepherd over self.

Isaiah 49:16a

See, I have written your name on the palms of my hands.

Three Kinds of Fatigue:

1. Physical
2. Emotional
3. Spiritual

What should you do on your Sabbath?

1. Rest my body.
2. Recharge my emotions.
3. Refocus my spirit.

Matthew 11:28-29

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

²⁹ 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.