

FINDING PEACE IN A PRESSURED WORLD

Part 2 – Getting Off My Treadmill Psalm 23:2

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I. INTRODUCTION

- A. We are going through one of the most famous chapters in the Bible, Psalm 23 - verse by verse and letting it soak into our lives. We started last week so let's stand and read what we have covered so far and what we'll look at today.
Psalm 23:1-2 The Lord is my shepherd, I have everything I need. ² He makes me lie down in green pastures, He leads me beside quiet waters,

1. DECIDE TO APPRECIATE WHAT YOU **ALREADY** HAVE.

- A. How long has it been since you honestly stopped and noticed how good you have it?
1. *I Timothy 6:6 But godliness with **contentment** is great gain.*
 2. *Philippians 4:11-12 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the **secret** of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*
 3. The secret to contentment means that I become truly **grateful** for how God has led in my life.
 4. The greatest things in life aren't **things**.

B. *Ecclesiastes 4:4 I've learned why people work so hard to succeed; it is because they envy the things their neighbors have.*

2. DECIDE TO ENTER INTO TO GOD'S **REST**.

A. *Psalm 23:2 He makes me lie down in green pastures and leads me beside quiet waters.*

B. *Hebrews 4:9-11 So there is a **special rest** still waiting for the people of God. ¹⁰ For all who have entered into God's rest have rested from their labors, just as God did after creating the world. ¹¹ So let us **do our best** to enter that rest. But if we disobey God, as the people of Israel did, we will fall. (NLT)*

C. There is a rest God wants us to have **within** even while there is turmoil without.

D. Part of the rest God wants us to enter into is **physical** rest.

1. *Hebrews 4:10 For all who have entered into God's rest have rested from their labors, just as God did after creating the world.*

2. *Psalm 127:2 God wants His loved ones to get their proper rest.*

3. *Ecclesiastes 3:13 All of us should eat and drink and enjoy what we've worked for. It is God's gift.*

E. Part of the rest God wants us to enter into is an emotional and **spiritual** rest.

1. *Matthew 11:28-30 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. ³⁰ For my yoke is easy to bear, and the burden I give you is light." (NLT)*

2. This doesn't mean there will be no burdens. It doesn't mean there will be no problems. It does mean there is a Good **Shepherd**.

3. *Matthew 11:28-30 (paraphrase) Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. ²⁹ Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. ³⁰ Keep company with me and you'll learn to live freely and lightly. (MSG)*

3. DECIDE TO ACCEPT YOUR **LIMITATIONS**.

Psalm 23:2 He leads me beside the still waters.

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