

SERIES: STILL WATERS

TITLE: Soul Rest

SPEAKER: Kip McCormick

DATE: April 25-26, 2020

“God is faithful to lead us to a place of peace, at least in our hearts, if not in our surroundings. God’s peace is promised and available if we would but follow our Shepherd. So, walk with God. Then you will experience God’s peace!” - Unknown

REFLECTIONS

“The Lord is my Shepherd, I shall not want.” – Psalm 23:1

1. When thinking about the relationship you have with God as your Shepherd, how has the truth “I is His” from the “Who & Whose” message impacted you this past week?

SOUL REST

“He makes me lie down in green pastures, He leads me beside still waters.” – Psalm 23:2

1. What is the story behind the time you went the longest without sleep/rest? What physical impact did that extended period of time have on you and your well-being?
2. Read Psalm 23:2. When you’ve needed rest, what caused your soul to become weary? What are some of the “green pastures” or “quiet waters” that restore your soul? What does it say about our Good Shepherd that He leads us to these restoring places?
3. What images does the word “green” bring to your mind when reading Psalm 23:2?
4. What do you think the significance of being able to “lie down” is? What does the statement “He makes me lie down...” mean to you ?
5. Pastor Kip referenced Phillip Keller who said, “the strange thing about sheep is that because of their very make-up it is almost impossible for them to be made to lie down unless four requirements are met.” What four “freedoms” listed in the message does a shepherd provide his sheep to give them the peace they need to be able to lie down?
6. How does our Shepherd provide these freedoms for us to lie down in peace? Are there any area(s) in your life where you are struggling to allow God to gently lead you? Do you know why? Are you afraid? Worried? Anxious? Disobedient? If you feel safe, please share.
7. Does it comfort you to know that the Lord “makes” you lie down in green pastures and rest? Share a time(s) in your life that God made you rest. How did He provide it? What were the results?

(OVER)

8. Waiting or being put in a “holding pattern” can become one of God’s opportunities to rest His busy and distracted as well as sometimes battered sheep. How do you think being in a holding pattern creates opportunity for you to learn to trust the Shepherd? How can waiting energize you for what lies ahead of you?
9. How does the statement that the “same Shepherd who has you in a holding pattern, is the same that will land the plane” impact you personally?
10. Re-read Psalm 23:2. What images does the word “still” bring to your mind?
11. Even if you are dealing with difficulty right now, what areas of your life would you characterize as peaceful? How does it encourage you to know that God leads you to places of peace “beside still waters?” How are you reacting to the peace and provision in your life?
12. Pastor Kip opened the sermon by saying if you leave with anything from this message this week, leave with this – “To hear the whisper of God, you must turn down the volume of this world.” What are some steps that you can take this week to “turn down the volume?” What can you do today to “lie down” in God’s “green pastures” and experience His promised rest?

MISCELLANEOUS

1. What is your favorite part about this study on Psalm 23:2? Why?
2. What would you like to discuss from this message that hasn’t already been discussed?

PERSONAL CHALLENGE

1. Continue immersing yourself in the truth that the Lord is your Shepherd. Read or quote Psalm 23 daily.
2. Be intentional about taking one day in the coming week to take a Sabbath and do the following four things - Stop. Rest. Delight. Contemplate. Remember to include all four components especially “contemplation” because without it you are just taking a “day off.”
3. Listen to or read the words to the hymn *It is Well with My Soul* – or do both. And, then ponder these questions – “What is the condition of my soul right now? Am I allowing my Good Shepherd, my Great Shepherd, my Gentle Shepherd to lead me?”

“When earth is in panic, heaven is at peace. If you are in a time of fear and anxiety, spend some time praising God because praise and anxiety cannot co-exist.” – Kip McCormick

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