

REST, THE LORD IS NEAR

Psalm 23:1-6

Rest in the Lord who is with you and good to you.

Rest in the PROVISIONS of the Lord. (1-3)

God gives his people all that they need in life. (1)

God gives his people nourishment and abundance. (2a)

God gives his people rest and refreshment. (2b-3a)

God gives his people guidance in his ways. (3b)

Rest in the PRESENCE of the Lord. (4-5)

God reassures his people when they face danger or death. (4)

God reassures his people when they face their enemies. (5)

Rest in the PROMISES of the Lord. (6)

God provides his people with a pursuing goodness and love. (6a)

God provides his people with an eternal home in his presence. (6b)

REFLECTION

___ Lord, help me combat worry by trusting you to take care of me and those I love. (1)

___ Lord, help me combat hurry by taking time to enjoy a regular Sabbath rest. (2a)

___ Lord, help me combat stress by finding time to spend in the beauty of creation. (2b-3a)

___ Lord, help me combat the pressure of choice by regularly asking you for wisdom. (3b)

___ Lord, help me combat the challenges of life by leaning into your abiding presence. (4)

___ Lord, help me combat attacks and harsh criticism by letting you deal with difficult people. (5)

___ Lord, help me combat my fear of the future by remembering you are with me and for me. (6)