

REST FOR THE STRESSED-2

God's Antidote For Busyness

"He makes me lie down in
green pastures, he leads me
beside quiet waters."
- Psalm 23:2

"Come to me, all you who
are weary and burdened,
and I will give you rest."
- Matthew 11:28

"In repentance and rest is
your salvation; in quietness
and trust is your strength."
- Isaiah 30:15

The 23rd Psalm provides a great prescription for people under pressure, and busyness is one of the most common sources of stress. This lesson serves as a reminder: "Rest does not come from counting sheep. Rest comes from counting on the Shepherd."

Welcome

"What's the story behind the longest time you've gone without sleep?"

Worship

Read Psalm 23, reinforcing the point made last week, that verse one is foundational to everything that follows in the psalm. Its so easy to do the religious "thing" and still not understand what it means to have your heart totally satisfied with God.

Possible songs: "I Am A Sheep" (533), "He Leadeth Me" (410), "I Want To Be Where You Are" (833), "Jesus, Let Us Come To Know You" (768), "You Are My All In All" (484).

Word

1. *Which of the following are you suffering from the most at the moment--physical, emotional, or spiritual fatigue?*
2. *As the psalm implies (vs 2), sometimes a shepherd must make his flock lie down (in much the same way that little children often resist taking naps, and must be forced by their parents to lie down...). Has the Shepherd made you lie down lately? Explain.*
3. *We live in an extremely restless society. In what way does the need to prove our own self-worth, or the desire to acquire contribute to this sense of restless, or need to keep busy? What are some other sources of restlessness? Of the ones that have been mentioned, which do you struggle with the most?*
4. *What is it about rest that would make it important enough to be included as one of the ten commandments (Ex. 20:8; see Ex. 34:21; Mark 2:27)?*
5. **Read Matthew 11:28-30.** *In what way does following Jesus actually bring rest and relief to your life?*

Works

Spend some time this week and consider how the Lord would have you respond to the things that have been shared tonight. What changes do you need to make in your life?