

Welcome!

- ✓ *Grab a cup of coffee and breakfast.*
- ✓ *Say hello to someone you don't know.*
- ✓ *We'll gather at 10:20am.*

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Rachel Souza

ABOUT YOU

Birthplace, Family, Vocation,
Passions, Interests

ABOUT FAITH

Growing up, Life B.C., Turning
Point, Surrender, Life A.D.

Preparing our Hearts for Worship

I will bless the Lord at all times; his praise will ever be on my lips. I will glory in the Lord; the humble will hear it and rejoice. Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears. Taste and see that the Lord is good; blessed is the one who takes refuge in him.

- Psalm 34:1-4, 8



The Shepherd & Our Stories

Psalm 23

The 23rd Psalm

1 The Lord is my shepherd, I shall not want.

2 He makes me lie down in green pastures; He leads me beside quiet waters.

3 He restores my soul; He guides me in the paths of righteousness For His name's sake.

4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

The 23rd Psalm

5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.

6 Surely goodness and mercy (lovingkindness) will follow me all the days of my life, And I will dwell in the house of the Lord forever.

Psalm 23:2

*“He makes me lie down in green pastures;
He leads me beside quiet waters.”*

Psalm 23:2

*“He makes me lie down in green pastures (Rest);
He leads me beside quiet waters (refreshing).”*

Psalm 23:2

*“He makes me lie down in green pastures (Rest);
He leads me beside quiet waters (refreshing).”*

Psalm 23:2 – The Message

*“You bedded me down in lush meadows,
You find me quiet pools to drink from.”*

John 10:11

*“I am the good shepherd. The good shepherd
lays down his life for the sheep.”*

Matthew 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.”

Things that keep the sheep from resting:

1. *Fear – 2 Timothy 1:7*
2. *Friction – Colossians 3:15*
3. *Flies – 2 Corinthians 10:5*
4. *Famine – Psalm 23:2*

Psalm 23:2

*“He makes me lie down in green pastures (Rest);
He leads me beside quiet waters (refreshing).”*

Psalm 23:2 - NLT

“He leads me besides peaceful streams.”

John 14:27

“Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

*Do not let your hearts be troubled, and do not
be afraid.”*

John 16:33

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Philippians 4:7

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Isaiah 26:3

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

Colossians 3:15

*“Let the peace of Christ rule in your hearts,
since as members of one body you were called
to peace. And be thankful.”*



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Q: *Is there anything about your faith story that connects with Psalm 23:2, "He makes me rest and leads me to refreshing."*

Final Thoughts

- God in his grace, knowing what is better for you, makes you rest because he knows that you need.
- God in his power, leads you to still, calm and quiet waters, because he wants to refresh you.

The Blessing

Psalm 23 & John 10
(from Jesus' perspective)

*I am your Good Shepherd, and I will take care of you.
When you're weary, I'll give you rest in green pastures,
When you're anxious, I'll guide you beside quiet waters,
When you're exhausted, I'll restore your soul.
When you're lost, I'll guide you in the right direction.*

*When you walk through the darkest valleys of life,
you don't need to fear because I will be with you.
When you're surrounded and under attack,
I will protect you.*

*I have laid down My life for you, so that you
can have life with fullness of joy.*

*My lovingkindness will follow you every day of your life,
and you will dwell with me in the house of God our
Father, forever and ever. Amen*