

# Rest in Him

## Psalm 23

### Compare this to Psalm 16 – the same language comes back.

- If my goodness doesn't extend to God, then He'll have to lead me in the way of righteousness
- If the Lord is my portion, then He'll provide
- If the Lord won't leave my soul in the grave, then He'll have to comfort and protect me

### Let's look at Psalm 23

- Vs. 1a - The Lord is my shepherd. (provider and guide) - this language comes through Scripture repeatedly, and it's appropriate that David would write something like this.
- Vs. 1b – I shall not "want." (give enough) - this isn't saying you'll never desire anything. Want is an older word implying "lack." To "want" something means you don't have something that you would seemingly need. Thus, I shall not lack anything that is necessary for me.
- Vs. 2a – the blessing of protection and rest (stemming off of 1b)
- Vs. 2b – the blessing of good things (not led through turbulent waters, but good waters)
- Vs. 3a – the blessing of restoration (like a deep breath after a hard workout)
- Vs. 3b – I'm not forced to get help from wicked men
- Vs. 3c - "for his name's sake" - think of Romans 11 - "of him, through him, to him," "to whom be glory forever" "therefore, present your bodies a living sacrifice."
- Vs. 4 – the state of God's leadership is good, so when I'm led through dark places, I know He's there.
  - See Psalm 22 – when things look bad and dark, trust God to come through.
  - God will vindicate His followers.
  - See Gal. 6:9 - "In due season ye shall reap, if you faint not."
- Vs. 5 – God will provide and protect, as a shepherd leading his sheep through a terrifying valley. If God is standing there, then you know it's safe.
  - We could sit and have a meal right there and nothing bad would happen.
  - You've chosen me.
  - You've given me more than enough.
- Vs. 6 – I don't have to fear anything (the arrow by day or the terror by night – Psalm 91) because I know your goodness and mercy shall be my guards.
- Vs. 6b – I don't have to worry about being "kicked out."
  - Compare back to Psalm 16:9-11 – same language coming back.

**Challenge:**

- Read Romans 11-12 to get a picture of how God's sovereignty leads to our submission and blessing.
- Read Galatians 6 to see how we must continue to be faithful, even when nothing seems to be "growing."
- Read Psalm 16 and 23 back-to-back to note the parallels (we've already spent extensive amount of time exploring Psalm 16 in this series, so pull up those notes again to see more connections).
- Read Psalm 91 (which some interpret as God protecting from demonic forces) and think about how God protects even in the worst of calamities (disease, pestilence, danger, death, war) by His presence (goodness and mercy). How do you see His goodness and mercy on a daily basis?
- Think through these challenges this week and see how God has daily provided.
- What are some ways God has shown His goodness this week?
- What are ways you had to wait and it felt like you lacked?
- What are ways God has shown His mercy this week?
- Try to think back to ways God did this two weeks ago. Three weeks? How good is your memory for God's provision?