

PEACE IN / PEACE OUT



#2 "Finding Rest"

Psalm 23:1-2

Psalm 23:1-2 (NIV) The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters.

Psalm 23:1-2 (NLT) The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams.

How can we experience the rest our Good Shepherd desires to give us?

1. Rest is a _____.

- Think more clearly.
- Respond with greater reserves.
- Enjoy life more fully.
- Become more productive.

2. Rest _____ with _____.

How do we find true spiritual rest?

- Establish a relationship with the Heavenly Shepherd.

John 10:11 (NLT) I am the good shepherd. The good shepherd sacrifices his life for the sheep.

- Watch your spiritual diet.

Matthew 5:6 (MSG) You're blessed when you've worked up a good appetite for God. His food and drink is the best meal you'll ever eat.

- Let the Lord be your Leader.

Matthew 11:28-30 (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

3. Get a handle of your _____.

How can we find mental and emotional rest?

- Resist worry.

Isaiah 26:3 (NLT) You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Philippians 4:6-7 (NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

- Work on your thinking.

Philippians 4:8 (NLT) And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Proverbs 4:23 (NIV) Above all else, guard your heart, for everything you do flows from it.

4. Improve your _____.

How do we find relational rest?

- Clear up conflicts quickly.
- Release all your resentments.
- Eliminate unrealistic expectations of others.
- Quit comparing yourself with others.
- Build and honor healthy boundaries.

Romans 14:19 (MSG) So let's agree to use all our energy in getting along with each other. Help others with encouraging words; don't drag them down by finding fault.