

God is Good All the Time

"R & R"

Psalm 23:2

Pastor Brian

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

This metaphor represents rest and refreshment.

Why do we feel the need to be so busy?

1. We base our worth on our work.

Psalm 127 ² *It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (NLT)*

2. We want more things, and we envy what others have.

Hebrews 13 ⁵ *Keep your lives free from the love of money and be content with what you have... (NIV)*

Ecclesiastes 4 ⁴ *Then I observed that most people are motivated to success because they envy their neighbors. (NLT)*

How do we find rest and refreshment?

1. Remember how valuable we are to God.

James 1 ¹⁸ *He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession. (NLT)*

2. Remember the Sabbath.

Exodus 20 ⁹ *You have six days each week for your ordinary work,* ¹⁰ *but the seventh day is a Sabbath day of rest dedicated to the Lord your God. (NLT)*

Mark 2 ²⁷ *The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. (NLT)*

3. Remember to enjoy what God has already given us.

Ecclesiastes 4 ⁶ *But better is resting with one handful than working hard for two fistfuls and chasing after wind. (CEB)*

2 Corinthians 9 ⁸ *God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. (NLT)*