THE SUNDAY COMPANION

The Shepherd Series • Week 2

THE SHEPHERD GIVES REST

Psalm 23:1–2

"The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters."

"I shall not want." Those words comfort us because the Shepherd knows what we need, even when we do not. We may have what we materially need and still search for something that satisfies. Maybe our souls need what we have not admitted: rest.

David first describes the Shepherd meeting this need: "He makes me lie down in green pastures. He leads me beside still waters." A good shepherd recognizes the sheep's condition better than the sheep does. He sees weariness, hunger, and thirst, and He knows what we need before we can name it.

Sometimes I DON'T know I need rest.
Sometimes I WON'T choose rest.
Sometimes I CAN'T keep the pace.
But the Shepherd knows.

Life wears us out: work, worry, grief, caregiving, conflict, change, waiting, disappointment, aging, and spiritual struggle. The church is filled every Sunday with good, faithful, tired people. Being tired does not mean you have wandered from the Shepherd. Sometimes you are tired because you have followed Him through difficult country.

There is more than one kind of tired. Some weariness cannot be fixed with sleep. We become physically, mentally, emotionally, spiritually, and journey-tired. Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28).

Biblical rest comes when I trust the Shepherd enough to stop—and trust Him with what happens while I do. In the green pasture, the tired sheep does not work to find food. The Shepherd has brought it to a place where provision is already there.

"Lie down" means I stop.
"Green pastures" means I trust the Shepherd to provide.
The sheep can rest because it does not have to be the Shepherd.

The Shepherd also provides resting places along the journey. Numbers 10:33 says that while Israel traveled through the wilderness, the Lord went before them "to seek out a resting place for them." They were still traveling, still following God, and still needed rest.

God knows not only where He is taking us, but where the resting places are along the way. Sometimes a green pasture is an hour at church, a quiet moment, coffee, a walk, a steadying conversation, prayer, Scripture, or a few days away. When the Shepherd gives you a resting place, receive it.

Rest is not quitting the journey.
Rest is part of the journey.

I CAN REST BECAUSE I AM NOT THE SHEPHERD.

This week: Where is the Shepherd giving me a place to rest—and will I receive it?