

Psalm 23:1-3 Part 1 - Satisfied Psalms Series God's Playlist for our Lives

The LORD *is* my shepherd; I shall not want.

² He makes me to lie down in green pastures;
He leads me beside the still waters.

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

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

⁵ You prepare a table before me in the presence of
my enemies;
You anoint my head with oil;
My cup runs over.

⁶ Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the LORD
Forever.

A scene in Matthew 9 that is intriguing to me

A) Jesus comes upon a multitude of people – when he sees them – He has compassion on them

B) Idea – his heart broke for them because they were scattered like Sheep not having a shepherd

1) HE WANTED TO BE THEIR SHEPHERD!

I can't help but think that is the heart of the Lord as he looks at our world today.

A) He sees our world – broken and frustrated and divided over the effects of the Corona Virus

B) He sees the Chaos, the hurt, the violence, the despair, the anger, over the injustices to minorities

C) These people need a Shepherd! – He desperately wants to be the Shepherd

1) JESUS knows that he is the answer

It is interesting to me that the animal that the Bible compares us to the most is sheep!

A) Sheep need a Shepherd! – Sheep are dumb – left to themselves – they will wander into harm's way. They will wander from safety and provision.

B) A herd of sheep have been known to follow ONE wayward sheep right off a cliff to their doom.

C) Sheep are helpless – they can't find food on their own,

1) Sheep do not naturally rest – they need help to lie down

Because of the inability for Sheep to take care of themselves –

A) Shepherds had to live with the sheep twenty-four hours a day.

B) The task of caring for them was unending. Day/night, summer and winter, in fair weather and foul,

C) They labored to nourish, guide, and protect the sheep.

1) Who in his right mind would choose to be a shepherd?

D) Good news – Jesus has chosen to be our shepherd,

1) The great God of the universe has stooped to take care of you and me.

E) It is that sentiment that David the Psalmist is celebrating here in Psalm 23

David declares: V.1 The LORD is my Shepherd!

A) The sweetest word in that phrase is the word MY !

B) He does not say, "The Lord is **A shepherd**

1) or **THE Shepherd** of the world at large, and leads forth the multitude as his flock,"

C) "The Lord is MY SHEPHERD"

D) Jesus doesn't just see the multitude he sees the individual in the multitude

1) He is a personal Shepherd! He is a Shepherd to *me*; he cares for *me*, watches over *me*, and preserves *me*.

E) Notice the words are in the present tense – not was or will be – IS MY...

BECAUSE THE LORD IS MY SHEPHERD – I shall not want –

A)The idea – Satisfied – taken care - I shall lack nothing is the idea.

B)Such a rich psalm – two weeks to unpack this.

Outline:

- I shall not lack rest
- I shall not lack life
- I shall not lack guidance
- I shall not lack safety
- I shall not lack provision
- I shall not lack hope

C)We will look at the first 3 today and next 3 next week!

Because the Lord is my Shepherd #1 I shall not lack Rest

He makes me to lie down in green pastures; He leads me beside the still waters.

A)Phillip Keller is a pastor and author who for eight years was himself a shepherd.

B)Out of that experience he has written masterpiece -*A Shepherd Looks at Psalm 23*.

C)Great insight into Sheep and shepherds

One of the things he points out is that Sheep do not lie down easily!

A)Keller says - “It is almost impossible for them to be made to lie down unless four requirements are met.”

B)Because sheep are by nature timid animals – they WILL refuse to lie down unless they are free of all fear.

C)Sheep will not lie down if they are experiencing friction from other sheep.

1)They must be free of friction

D)SHEEP will not lie down if they are being harassed by outside influences like flies.

1)They must be free of FLIES in order to relax

E)Sheep will not lie down if they are in need of finding food.

1)They will not lie down if they are famished – they must be free of hunger

So for sheep to lie down and rest – they must be free of:

#1 Fear

#2 Friction

#3 Flies

#4 Famine

Is that not like us?

A)Don't you find it hard to rest in the Lord when your life is full of - **Fear. Friction. Flies. (outside distractions and pest) AND Famine.**

B)Take fear – when you are afraid of something hard to rest right?

C)Example – Mission trip to Africa – Nets

1)Conference – No net in my room – snakes – bugs – all night hard time sleeping

In a spiritual sense we are called to rest in Jesus – His love for us and his care for us –

A)But life – causes us to worry – fear.

B)Afraid of the Virus – Afraid of economic instability –

1)whatever it is that you struggle with.

C)David – wants us to know – because Jesus is our Shepherd we have no reason to fear!

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

D)His presence and promises – if believed – move out fear – replaced by strength –

1)confidence and soundness of mind

E)Here is a promise - Isaiah 26:3 You will keep *him* in perfect peace, *whose* mind is stayed on *You*, because he trusts in *You*.

F)Peace – the absence of fear –

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which **surpasses all understanding**, will guard your hearts and minds through Christ Jesus. Philippians 4:6,7

²⁷ Peace I leave with you, My peace I give to you; **not as the world** gives do I give to you. Let not your heart be troubled, neither let it be afraid. – John 14:27

In order for sheep to rest – Free of Fear #2 they have to be Free of Friction

A)When a sheep knows there is another sheep out to get him – hard to rest

Conflict in the flock – hard to rest –

B)Hard for all the other sheep to rest too.

C)In the same way – when you are at odds with another brother or sister – or someone in your family

D)IT IS hard to rest – right? TENSION

1)Consternation in your soul! -

Again the Psalmist – Because Jesus is our Shepherd – we can be free from friction

A)Why? **God's love has been poured into our hearts through the Holy Spirit who has been given to us.**
Romans 5:5 – ESV

B)The presence of God's spirit in our lives – His love being poured into my heart – means – supernatural – ability to love the unlovable

C)Jesus helps me – love those who are difficult to love

D)Forgive those who have wronged me – Jesus has forgiven me

Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Ephesians 4:32

¹⁸ **If it is possible, as much as depends on you, live peaceably with all men.** Romans 12:18

I like that Paul says - ¹⁸ If it is possible, as much as depends on you

A)Idea – not always possible – some people will hold on to grudges – don't want to forgive -

B)You do your part – to reconcile

C)If they don't want to be reconciled – that is on them

D)YOU CAN REST – my conscience is clear

E)So Free Fear / Free of Friction

#3 In order for Sheep to Rest - Free of flies - outside influences

A)Anyone like flies?

B)Flies are pest – Liquid diet ?– no teeth - Great I don't have to worry about them landing on my steak or burger

C)Actually you do – They land and throw up – acid and juices – food –

1)their tongue is like a straw they suck it up – how they eat – gross right

D)Reality - Even worse – not gross you out
10 interesting facts about flies you never knew

Flies are disgusting –. Flies are annoying – buzzing around your head

A)The Bible calls Satan Beelzebub - the Lord of the flies – not because he controls those creatures

B)Connection to a Canaanite God –

1)but he is called that primarily because the nature of flies is the nature of Satan – Flies seek only to take

C)Satan – thief /robber – come to kill rob/ destroy

Flies are annoying and Satan is the master of Chaos, disunity, separation, lies, hatred and anything opposed to the heart of God!

A)He loves to stir up strife –

B)And the same way that flies don't easy go away and are constant – out battle is constant

C)But we can rest in Our Good shepherd Jesus

⁴ You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. – 1 John 4:4

C)Jesus is greater – Jesus has already won the war – so we can have victory over Beelzebub –

1)because Jesus has already defeated him.

we are more than conquerors through Him who loved us. Romans 8:31

D)So sheep in order to rest need to be free of fear, friction, flies

Finally #4 – Sheep have a hard time resting when they are Hungry

A) For sheep to rest they have to be Free from Famine

B) Again I think we can relate to that as well.

C) It is hard for us to rest when our needs are not being met.

1) We stress out about – how we are going to pay our bills how we are going to take care of our needs.

D) Our hearts get filled with consternation – stress and worry set in –

1) We start playing the what if game – what if That does no good –

E) "Worry doesn't add one cubit to your stature

We have a good shepherd in Jesus – no need to worry

A) Reminded of What Paul declared - ¹⁹ *And my God shall supply all your need according to His riches in glory by Christ Jesus.* – Philippians 4:19

B) Note Need not wants -

1) Proverbs 10:3 Not allow the righteous to go hungry

C) Our shepherd wants us to rest and be satisfied in the promise – he will take care of us.

But I think there is a Spiritual aspect to this as well that is maybe even more important and applicable

A) CHS – **green Pastures** – refers to the wealth of spiritual nourishment that is found in the pages of God's word

B) He calls it fit food for our souls –

C) We can feast upon the truths and promises found in God's word

1) We should never be spiritually malnourished –

He leads me beside the still waters – Waters = the ministry of the Holy Spirit to our hearts through the word of God

A) Our shepherd seeks to lead us into places of refreshment and rejuvenation

B) The Word lead is actually – lead gently!

C) I think that is interesting to note: The Shepherds gently lead the sheep

1) Never see Shepherds in Israel DRIVING SHEEP –

D) If you ever see sheep being Driven – it is not a shepherd – but the butcher who is driving them to the slaughter house

That is not Jesus – he is the shepherd who gently leads us

A) Leads us into the place where we can rest in His finished work

B) He seeks to lead us by His Spirit in our hearts

C) Because he is leading us – because the Lord is my shepherd

#2 I Shall Not Lack Life- He restores my soul;

A) Keller in his book explains how sheep can easily lose their footing –

B) How sheep don't have the best center of gravity – Become Cast

C) Stuck on its back and unable to regain their footing

D) In this position gases build up in the body, cutting off circulation to the legs,

1) and often it is only a matter of a few hours before the sheep dies.

Sometimes in the Christian life – we fall down.

A) Not perfect – we have slip ups – But Jesus our Shepherd is the lifter of our heads

But You, O LORD, are a shield for me, My glory and the One who lifts up my head. Psalm 3:3

B) We fall – our shepherd is there to pick us up

There is no condemnation for those who are in Christ Jesus - Romans 8:1

C) Jesus our Good shepherd doesn't come to condemn us but to restore us

¹⁶ *For a righteous man may fall seven times and rise again.* Proverbs 24:16

D)Part of the reason – the righteous man rises is because His shepherd is there to help him up

E)But Jesus doesn't just pick us up – but he instructs us on how to walk and not stumble in that way again

Leads us to our 3rd point today

A)Since the Lord is my shepherd I will not lack #3 guidance

⁹ How can a young man cleanse his way? By taking heed according to Your word.- Psalm 119:9

B)We set our mind and hearts to Follow the shepherd

¹¹ Your word I have hidden in my heart, That I might not sin against You. Psalm 119:11

Your word *is* a lamp to my feet. And a light to my path. - Psalm 119:105