

Life Lessons
from Book of Psalms

LESSON 4: FINDING COMFORT AND REST

REFLECTION

Begin your study by sharing thoughts on this question.

1. Think of a time when you felt lonely or discouraged. Where did you turn for help?

BIBLE READING Psalm 23:1–6

¹ [A psalm of David.]

The LORD is my shepherd, I lack nothing.

2 He makes me lie down in green pastures,
he leads me beside quiet waters,

3 he refreshes my soul. He guides me along the
right paths for his name's sake.

4 Even though I walk through the darkest valley, 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 overflows.

6 Surely your goodness and love will follow me
all the days of my life, and I will dwell in the
house of the LORD forever.

DISCOVERY

Explore the Bible reading by discussing these
questions.

2. How is God like a shepherd?

3. How are we like sheep?

4. How does God care for the needs of his people?

5. What attitude should we have toward hardship and pain?

6. What kind of future can God's people expect?

INSPIRATION

It is ... weariness that makes the words of the carpenter so compelling. Listen to them. "Come

to me, all you who are weary and burdened and I will give you rest.”

Come to me. ... The invitation is to come to him. Why him?

He offers the invitation as a penniless rabbi in an oppressed nation. He has no political office, no connections with the authorities in Rome. He hasn't written a best-seller or earned a diploma.

Yet, he dares to look into the leathery faces of farmers and tired faces of housewives and offer rest. He looks into the disillusioned eyes of a preacher or two from Jerusalem. He gazes into the cynical stare of a banker and the hungry eyes of a bartender and makes this paradoxical promise: “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

The people came. They came out of the cul-de-sacs and office complexes of their day. They

brought him the burdens of their existence and he gave them, not religion, not doctrine, not systems, but rest.

As a result, they called him Lord.

As a result, they called him Savior.

Not so much because of what he said, but because of what he did.

What he did on the cross during six hours, one Friday....

Jesus was the only man to walk God's earth who claimed to have an answer for man's burdens.

"Come to me," he invited them.

My prayer is that you, too, will find rest. And that you will sleep like a baby.

(From Six Hours One Friday by Max Lucado)

RESPONSE

Use these questions to share more deeply with each other.

7. How is Jesus' offer of rest relevant today?

8. In what ways have you already experienced God's rest?

9. What keeps us from fully enjoying the rest God gives?