

## PRAYING THROUGH OUR TIMES OF RESTLESSNESS

### Psalm 23

#### “And The #1 Song On Our Top 150 Psalm Hit List Is...”

*“By virtue of its profound simplicity and matchless beauty this psalm has touched the hearts of countless people down through the centuries. Here is a poem that children have learned by heart, that has sustained the mature in the perplexities of life, and that has been a peaceful benediction on the lips of the dying. No single psalm has expressed more powerfully a prayer of confidence to the God whose purpose alone gives meaning life, from the womb to the tomb.”*

Bernhard Anderson

*“It is almost pretentious to comment on this Psalm. The grip it has on biblical spirituality is deep and genuine. It is such a simple statement that can bear its own witness without comment.”* Walter Brueggemann

#### Psalm 23: The Psalm Of Rest And Contentment

*“The LORD is my shepherd; I shall not want. <sup>2</sup>He makes me lie down in green pastures. He leads me beside still waters. <sup>3</sup>He restores my soul. He leads me in paths of righteousness for his name's sake. <sup>4</sup>Even 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. <sup>5</sup>You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup>Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.”*

—Psalm 23

*This Psalm leads us to believe that it's possible that rest can be found in our restless world.*

#### David's Background As The Context Of This Psalm

#### How Did David Find Rest Within Life's Unrest?

##### (1) The Lord Is MY Shepherd and He's Enough (vv.1-3)

Psalm 100:3 *“Know that the Lord is God, the God who made us and to whom we belong; we are God's people, the sheep of his pasture.”*

Psalm 37:4. *“Delight yourself in the Lord and He will give you the desires of your heart.”*

*“God is most glorified in us when we are most satisfied in Him.”* —John Piper, from “Desiring God”

##### (2) God Was With Me Most During My Most Trying Times (vv.4-6)

#### Always Keep Your Heart And Mind Upon Your Shepherd

*“God is the kind of Being who, if you will place yourself in His hands in trust, will ensure that nothing can ever happen to you that will make you say, ‘I'm afraid’ or ‘I don't have enough.’ What do you fear? Whatever came to mind, I want you to know that you have nothing to fear. No matter what you fear, you can live without that fear. You don't have to be afraid of anything. Nothing. Absolutely nothing—not death, not the loss of loved ones, not being without someone to care for you. If you will take the time required to come to know and trust God as he is, asking the Lord to give light to your mind, you can come to a place of perfect peace and fearlessness. Because God is with you, you can live without fear. This is precisely what Psalm 23 is talking about.”* —Dallas Willard