

## Weekly Sermon Reflection Guide

October 18, 2020

### *Finding Rest*

### Lost and Found

Luke 15:1-7, Psalm 23

#### EXPLORING THE SERMON

- \* What did you hear?
- \* What did you think or feel about what you heard?
- \* What is one thing you can take away from the sermon this week?

#### KEY VERSES

*The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.*

#### **Psalm 23**

#### REFLECTION AND DISCUSSION

We've been reminded these last few weeks how we as sheep wander, need each other, especially the love and guidance of the Good Shepherd. David's own experience as a shepherd contributes to his words in [Psalm 23](#). He beautifully describes a picture of Christian life that we all long for, but the reality is that the rest that he describes does not always come easy. We know how rest can restore and heal us, but it can actually take work to enter into rest. ***What does rest currently look like for you?***

It's been shown that our passion to be with others and our creativity increase after periods of rest. ***How have you seen this happen in your life? What practices of rest have been most restorative for you?***

Along with needing leadership, sheep are also not physically able to carry heavy loads. The shepherd bears the burden of finding pasture and fresh water for them, while also leading them to safety day and night. In Psalm 23, David not only reflects on times when he needed God's help and was provided for, but also how God hears and protects the Israelites as they traveled through the wilderness. It was only through trust that both David and the Israelites were able to find rest in God. In the same way, our habits reveal what we trust and value. ***What do your current habits reveal about what you trust and value? How do you want to modify some of your habits?***

"Embracing sleep is not only a confession of our limits; it is a joyful confession of God's limitless care for us. We inhabit a frail, vulnerable humanity. And we hate being reminded." (Tish Warren, *Liturgy of the Ordinary*) ***What does this mean to you? Where do you push yourself beyond what you are meant to carry?***

*Even though I walk through the darkest valley, I fear no evil; for you are with me...* God reminds us through the words of David that it is not a matter of ***if***, but ***when*** we will find ourselves in times of trouble. Because our Shepherd laid down his own life for us, there is no place dark enough that He will not find us. ***When you are overtaken by fear, anxiety, or despair, how can you be assured that God will never stop seeking you?*** Pray [Psalm 23](#) this week as you seek to find rest in him.

*Heavenly Father, we know that you so willingly want to give us the gift of resting in You. Help us to focus on rest this week, as we examine our habits and how well we trust You. Thank you for your promise to find us no matter how far we stray, and that no valley will ever be too dark for You to rescue us. Amen.*