

The Lord is My Shepherd
Green Pastures – Still Waters
Take Home Handout

"It is senseless for you to work so hard from early morning until late at night... God wants his loved ones to get their proper rest." Psalm 127:2 (LB)

"He makes me lie down in green pastures; he leads me beside still waters." Psalm 23:2 (RSV)

THE SHEPHERD'S WAY TO R.E.L.A.X.

REALIZE _____

"God decided to give us life through the word of truth so we might be the most important of all the things he made." James 1:18 (NCV)

"...your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are." Matthew 6:26 (LB)

ENJOY _____

"All of us should...enjoy what we have worked for; it is God's gift." Ecclesiastes 3:13 (GN)

*"It is better to have only a little, with peace of mind, than be busy all the time..."
Ecclesiastes 4:6 (GN)*

LIMIT _____

*"Only someone too stupid to find his way home would wear himself out with work!"
Ecclesiastes 10:15 (GN)*

"You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me." Exodus 20:9-10 (GN)

"Sabbath" means: _____

"The Sabbath was made for the good of human beings..." Mark 2:27 (GN)

ADJUST _____

"I've learned why people work so hard to succeed; it is because they envy the things their neighbors have." Ecclesiastes 4:4 (GN)

"What good is it for a man to gain the whole world, yet forfeit his soul?" Mark 8:36 (NIV)

EXCHANGE _____

"Come to me, all of you who are tired and have heavy loads, and I will give you rest... the load I give you to carry is light." Matthew 11:28-29 (NCV)

The Lord is my pacesetter, I shall not rush. He makes me stop and rest at intervals. He provides me with images of stillness to restore my serenity. He leads me in the way of efficiency to calmness of mind and this guidance is peace. Even though I have a great many things to accomplish this day, I will not fret for His presence is here. His timeliness, His all importance will keep me in balance. He prepares refreshment and renewal in the midst of my activity, anointing my head with the oils of tranquility. My cup of joyous energy overflows. Surely harmony and effectiveness shall be the fruits of my hours, for I shall walk in the pace of my Lord and dwell in His heaven forever.