

**Marked by REST**

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Psalm 23

January 5, 2025

**Introduction:** In Matthew 11:28-30 Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light." He calls us to rest under his plan not ours. How would this year be different if we rested in Jesus?

**Review:** What did you experience as you prayed to know Jesus more fully last week?

**Read:** Psalm 23

**Prayer:** Merciful God, we need the rest only you can give. Teach us about your rest to as we look at your word together

**Discussion:**

1. What are the actions that God, the good shepherd, is doing for his sheep? What are the sheep doing in response?
2. Which of the things that the good shepherd does are you in need of right now?
3. What is the psalmist certain of? What do they know to be true about God?
4. In John 10:1-18, Jesus identifies himself as the Good Shepherd. What additional things does Jesus promise that would aid our rest?
5. What is keeping you from rest? What are you trying to do under your own power? Where are you reluctant to trust God?

**Application:** Think about how you seek to work and rest. Ask God to show you his plan for your rest.

**Prayer:** Lord Jesus, thank you for the care you take of us. Lead us into the life you want us to experience here and now. Amen