

Rest Stop

Scripture Reading — Psalm 23

*He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.
Psalm 23:2-3 —*

Whether we're traveling or just making it to the end of a busy week, it's probably time for some weekend rest and relaxation. God calls us to stop and rest at least once a week, so we can take a break from our everyday work and busyness, so we can gather with his people for worship, so we can have a time of communion with God and with other believers. This helps to refresh and restore our souls.

In Psalm 23 we meet the good shepherd who cares for his sheep. A shepherd does this so that his sheep may produce an abundance of precious and useful wool. Yet sheep are not always cooperative—they are apt to devour pastureland and grub for unhealthy weeds. Sheep that graze in green pastures and drink from clean water have been led there by a good shepherd. We have a good shepherd in the person of Jesus Christ (see John 10:11-18).

We may at times feel tired and lost, and our minds or bodies may be polluted with unhealthy things. At times we may even feel forsaken by God, as David expressed in Psalm 22:1.

So we must listen to the voice of the good shepherd. Jesus will bring us to the green pastures of his Word and to the living water that only he can provide (John 4:10-14). He will bring restoration and healing to our lives.

Prayer

We confess, Lord, that we have not always cared for our physical or spiritual lives the way we should. Lead us to the green pastures of your Word and to the living water found in Jesus, our shepherd and Savior. Amen.

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