

"He Maketh Me To Lie Down In Green Pastures"

Rest from Weariness

Introduction:

1. If we allow the Lord to be our Shepherd, He promises to meet our needs.
2. The first picture used by David to illustrate this provision is of a sheep resting in green pastures.
3. Too often, we apply this concept to the eternal rest of Heaven.
4. However, there is a rest for the Christian in this life...

I. The Need of Rest – *To Lie Down*

- A. Strong defines the Hebrew word used here as: "To crouch (on all four legs folded, like a recumbent animal)."
 1. Thus, the word means "to lie down" but implies rest.
 2. One can imagine a flock of sheep crouched down in rest as their shepherd stands guard over them.
- B. Like all living creatures, sheep were created by God with a need for rest.
- C. Likewise, people are designed to need rest.
 1. Consider the Sabbath (Exo. 20:8-11; 31:12-17).
 2. Resting in the Lord is a demonstration of faith.
- D. More importantly, man is in need of spiritual rest (Matt. 11:28-30; Isa. 11:10; Jer. 6:16).

II. The Conditions of Rest – *In Green Pastures*

- A. Sheep cannot sleep except under ideal conditions:
 1. No threat from without
 2. No tension within the flock
 3. No hunger or thirst
- B. Yet, they are unable to provide any of these things for themselves.
- C. Sheep cannot rest without a shepherd!
- D. Men are no different – we also need a Good Shepherd (John 14:27; 16:33; Heb. 13:20-21; 1 Pet. 2:25; 5:6-9).

III. The Provider of Rest – *He Maketh Me*

- A. Notice that the Shepherd is the active force in this passage (cf. Isa. 26:3).
- B. He leads to and makes us lie down in the green pasture.
- C. In that land, a green pasture was one that had been prepared by a shepherd (cf. Isa. 5:1-2).
- D. Jesus makes us rest in His finished work – salvation (Eph. 2:8-9), the church (Matt. 16:18; Ac. 20:28), and Heaven (John 14:1-3).