



## REST AND REFRESHMENT FOR THE SOUL

September 25, 2022 // Psalm 23 // Dr. Ron Jones

*He makes me lie down in green pastures. He leads me beside still waters.*

PSALM 23:2 ESV

### “Green Pastures”

*“He makes me lie down in green pastures.”*

Sheep will only lie down if they are free of \_\_\_\_\_.

*This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. JOSHUA 1:8 ESV*

Christian meditation is all about \_\_\_\_\_ our minds with God’s truth.

*“I will feed them with good pasture, and on the mountain heights of Israel shall be their grazing land. There they shall lie down in good grazing land, and on rich pasture they shall feed on the mountains of Israel. I myself will be the shepherd of my sheep, and I myself will make them lie down, declares the Lord God.”*

EZEKIEL 34:14-15 ESV

*“Come to me, all who labor and are heavy laden, and I will give you rest.”*

MATTHEW 11:28 ESV

## **“Still Waters”**

*“He leads me beside still waters.”*

*“Come, everyone who thirsts, come to the waters.”* ISAIAH 55:1 ESV

*“O LORD, the hope of Israel, all who forsake you shall be put to shame; those who turn away from you shall be written in the earth, for they have forsaken the LORD, the fountain of living water.”* JEREMIAH 17:3 ESV

*“For my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.”* JEREMIAH 2:13 ESV

*“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”* MATTHEW 5:6 ESV

*“Everyone who drinks this water will be thirsty again. But whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life.”* JOHN 4:13-14 ESV

*“If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”* JOHN 7:37-38  
ESV

*“And rising very early in the morning, while it was still dark, [Jesus] departed and went out to a desolate place, and there he prayed.”* MARK 1:35 ESV

*“Be still and know that I am God.”* PSALM 46:10 ESV