



## The Burden of Weariness (Psalm 23:2)

Introduction: *Can you guess the physical condition that affects 1/3 of Canadians?*

- I. WE ARE A PEOPLE WHO CAN BE DESCRIBED AS "SOUL TIRED"
  - A. We know there is more to life than what we struggle with day after day.
  - B. We are described by St. Augustine:  
*"My heart is restless until it rests in Thee, O God."*
- II. ONLY ONE OTHER CREATURE SEEMS TO HAVE AS MUCH TROUBLE RESTING AS WE DO
  - A. For sheep to rest, everything must be just right
  - B. Without a good shepherd, they cannot rest (Psalm 23:2)
  - C. ***"HE makes me to lie down...  
HE leads me besides the still waters"***
  - D. The sheep need only keep their eyes on their loving shepherd (Isaiah 26:3)
- III. COMPARED TO EACH OF THE 10 COMMANDMENTS, GUESS WHICH ONE HAS THE MOST BIBLICAL WORDS DEDICATED TO IT?
  - A. Adultery: 5 words, Killing & Stealing: 4 words,  
BUT – Sabbath rest: **107 words** (Exodus 20:8-11)
  - B. God tells us: *"If creation didn't crash when I rested,  
it won't crash when you rest."*
- IV. OUR GOOD SHEPHERD ***MAKES US  
TO LIE DOWN IN GREEN PASTURES***
  - A. Any green pasture in Judea was due to the hard & loving work of the shepherd
  - B. The green pasture of our soul is due to the hard & loving work of Jesus, our shepherd
  - C. This green pasture of rest is NOT made by us or deserved by us... it is GOD'S GIFT to us (Ephesians 2:8)

Conclusion:

*The shepherd has prepared a lush green pasture for you...  
He takes your burden of weariness... He gives you rest.*