

Sermon Title: "The Downside of Drivenness"

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Rest.

Being driven, feeling compelled to succeed or excel can wreck your health, keep you in bondage, and actually prevent you from knowing the goodness of the good shepherd. Overachievement is generally celebrated in our culture but it takes its toll on our soul.

1. We often don't realize how _____ and _____ we are until we sit down.
2. We don't know how _____ we are until we stop and sit quietly in the Lord's presence.

Some Observations on Psalm 23:

- The psalmist uses familiar features and imagery (green pastures, still waters, paths, valleys, rod and staff, anointing oil, etc) to describe spiritual realities.
- The psalmist describes a deeply personal relationship with the Lord based on experience.
- The structure of the psalm moves from general truths about the Lord (vv.1-3) to an emotional connection speaking with the Lord (vv.4-6).

What is the Good Shepherd's solution to our drivenness?

David mentions 3 decisive actions that the good shepherd takes to ensure the sheep have what they need to be healthy ...

1. **The Good Shepherd compels me toward _____** (healing).

"He makes me lie down in green pastures" (2a)

2. **The Good Shepherd leads me to _____.**

"He leads me beside still waters" (2b)

"He restores my soul" (3a) – shuwb (Hebrew) = 'to bring you _____.'

3. **The Good Shepherd calls me to _____.**

"He leads me in paths of righteousness for his name's sake" (3b)

Fill-ins: tired, stressed, empty, recovery, re-creation, back, transformation