

God's Promise of Rest:
He Maketh Me to Lie Down in Green Pastures

There is so much in this life which causes us stress and makes us afraid. We worry about our families, our health, and our future. We wonder how we will pay all of the bills, lose the weight, and get it all done in time. We spend our lives running from one appointment to another and, at the end of the day, collapse in bed, exhausted and afraid, only to lie awake trying to organize tomorrow.

The Bible tells us, "The LORD your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with his love, He will rejoice over you with singing." *Zephaniah 3:17*. Again, we read, "and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." *Philippians 4:7* And, of course, "Be still, and know that I am God." *Psalms 46:10*.

Read that last one out loud and meditate on it for a moment. "Be still" means sit down and be quiet. Be quiet and spend time with God. Read His Word.

Study Questions – *begin with prayer and ask God to open your heart and mind. Be honest with yourself and with God. There are no right or wrong answers.*

Read: Psalms 119:165

1. What does it take for you to be quiet before God?

2. How does that quiet time change you?

3. (*Personal*) How do you behave when you do not spend quiet time with God?

Read: 2 Samuel 22:5, Job 13:21, Job 18:11

4. What do you fear?

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5. How does that fear affect you on a daily basis?

6. What is the long-term affect of that fear on your life?

Read: Luke 7:50, Romans 5:1, Ephesians 6:23

7. What can you do to over come this fear?

Read: Psalm 46:10

8. How do you feel in the presence of God?

9. What are you substituting for the presence of God?

10. Do these things give you the same feeling as you get when you are in His presence?

Read 2 Timothy 1:7

11. Have you ever been truly afraid?

12. How did you deal with that fear?

Read: Psalm 50:15, Psalm 54:7

13. Knowing what you know now, how should you have dealt with it?

14. What are the distractions in your life? What causes you to take your eyes off the Lord?

15. What makes you restless?

16. What irritates or annoys you? What little things in life really "bug" you?

17. (*Personal*) Give one example of a time when you overreacted to one of these things?

Read: Psalm 25:15, Psalm 26:3

18. What is the antidote for annoyances?

Read: Romans 15:13, Ephesians 1:2-4

19. What (or who) brings you into the presence of God?

20. How should you behave in His presence?

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Read: Jeremiah 29:11, John 14:27

26. What specific things will you do to move into His "pasture of peace" this week - to take advantage of His rest?