



## Come to Jesus (Part 10) Rest for Your Soul Pastors Ryan and Linaya Bunbury June 9, 2024

**SERIES TEXT:** “Are you tired? Worn out? **Burned out on religion? COME TO ME.** Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” - Jesus, Matthew 11:28-30 MSG

**SERIES BIG IDEA:** Come to Jesus.

TODAY, consider the Lord’s personal invitation in Psalm 23 to come and find true *rest for your soul*.

### Psalm 23 (The Passion Translation & Commentaries)

#### *Rest For Your Soul*

(1) Yahweh is my best friend and my shepherd. I always have more than enough.

- ◆ The word most commonly used for “shepherd” is taken from the root word *ra’ah*, which is also the Hebrew word for “best friend.” This translation includes both meanings. The unique term for shepherd is *ro’eh tzon* – “lover of the flock.” This teaches us that a shepherd was not just a responsible overseer, but a caring father figure, tending to his flock out of a deep sense of love. Shepherds were also fierce protectors and providers of their flocks. **Jesus is the Fierce Protector and Provider of his people.**
- ◆ Or “I lack nothing.” What a wonderful declaration over your life! To never be in lack, always possessing more than enough. **Jesus is the Good Shepherd who meets our emotional, physical, and spiritual needs.**

(2) He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace near the *quiet brook of bliss*.

- ◆ Or “in spring [green] meadows.” A good shepherd knows where to pasture his flock. These green meadows would be a resting place, free from all fear. The Greek verb “to love” is *agapao*, which is a merging of two words and two concepts. *Ago* means “to lead like a shepherd,” and *pao* is a verb that means “to rest.” **Jesus is our loving Shepherd leading us to the place of true rest.**
- ◆ The Hebrew word *menuha* means “the waters of a resting place.”

(3) That’s where he restores and revives my life. He opens before me the right path and leads me along in his footsteps or righteousness so that I can bring honor to his name.

- ◆ Or “he causes my life [or “soul,” Hb. *nephesh*] to return. So often life drains out of us through our many activities, but, as David found, the Lord restores our well-being when we **pursue His presence and rest in him.**
- ◆ Or “circular paths of righteousness.” It is a common trait for sheep on the hillside of Israel to circle their way up higher. They eventually form a path that keeps leading them higher. That is what this psalm is referring to. **Each step we take following Jesus, our Shepherd, will lead us higher, even though it may seem we’re just going in circles.**

(4) Even when your path takes me through the valley of deepest darkness, fear will never conquer me, for you already have! Your authority is my strength and my peace. The comfort of your love takes away my fear. I’ll never be lonely, for you are near.

- ◆ Or “Your rod [to protect] and your staff [to guide], they comfort me.”

#### **THE LORD IS MY SHEPHERD I SHALL NOT BE IN WANT.**

HE MAKES ME LIE DOWN IN GREEN PASTURES  
HE LEADS ME BESIDE QUIET WATERS

#### **HE RESTORES MY SOUL.**

HE GUIDES ME IN PATHS OF RIGHTEOUSNESS

#### **FOR HIS NAME’S SAKE.**

**EVEN THOUGH I WALK THROUGH THE  
VALLEY OF THE SHADOW OF DEATH**

**I WILL FEAR NO EVIL, FOR YOU ARE WITH ME  
YOUR ROD AND YOUR STAFF, THEY COMFORT ME.**

YOU PREPARE A TABLE BEFORE ME  
IN THE PRESENCE OF MY ENEMIES.

YOU ANOINT MY HEAD WITH OIL; MY CUP OVERFLOWS.

SURELY GOODNESS AND LOVE WILL FOLLOW ME  
ALL THE DAYS OF MY LIFE, AND I WILL DWELL

IN THE HOUSE OF THE LORD FOREVER.

**PSALM 23**

(5) You become my delicious feast even when my enemies dare to fight. You anoint me with the fragrance of your Holy Spirit; you give me all I can drink of you until my cup overflows.

- ◆ Or “You anoint my head with oil.” “Oil” or “fragrance” becomes a symbol of the Holy Spirit.
- ◆ It is difficult for those living in a temperate climate to appreciate, but it was customary in hot climates to anoint the body with oil to protect it from excessive perspiration. When mixed with perfume, the oil imparted a delightfully refreshing and invigorating sensation. Furthermore, athletes anointed their bodies as a matter of course before running a race. As the body, therefore, anointed with oil was refreshed, invigorated and better fitted for action, so the Lord would anoint His “sheep” with the Holy Spirit Whom oil symbolizes, to fit them to engage more freely in His service and **run in the way He directs, in relationship and fellowship with Him.**

(6) So why would I fear the future? Only goodness and tender love pursue me all the days of my life. Then afterward, when my life is through, I’ll return to your glorious presence to be forever with you!

## Jesus

### Salvation Prayer:

*Dear Jesus, I repent of my sin. Please be my Savior and Lord. In Jesus’ Name, Amen*