



Psalm 23

I AM the good shepherd. The good shepherd lays
down his life for the sheep. John 10:11



Shepherd • Lamb Relationship

27 My sheep hear my voice, and I know them, and they follow me.

28 I give them eternal life, and they will never perish, and no one will snatch them out of my hand.

John 10:27-28



Shepherd • Lamb Relationship

¹*The LORD is my shepherd; I shall not want.*

²*He makes me lie down in green pastures.*

He leads me beside still waters.

³*He restores my soul...*

Psalm 23:1-3a



Profession of Faith + Work
of Faith → Fruit of Faith
(Perfect Peace)

I SHALL NOT WANT

*³You keep him in
perfect peace
whose mind is
stayed on you,
because he trusts
in you.*

*⁴Trust in the LORD
forever, for the
LORD GOD is an
everlasting rock.*

Isaiah 26:3-4



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*The LORD is my
shepherd [POF];
I shall not want
[WOF] → [FOF]
(Perfect Peace)*

*Psalm 23:1
Isaiah 26:3*



Foundation Rocks
Cemented in Place

- *Principle of Gethsemane*
- *Principle of Progression*
- *Principle of Decisiveness*
- *Principle of 24/7/365*

Psalm 23:1-6



Principle of 24/7/365

- *Encounter God*
- *Embrace Your Challenges*
- ***Enter God's Rest-Renewal-Restoration***
- *Endure Your Calling and Complete Your Race*
- *Establish Your Hope*
- *Enjoy God Constantly*

Psalm 23:1-6



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*Acknowledge the Reality of
Spiritual Struggles*



*I shall not want
(perfect peace)*

Because ...

- 1. He makes me lie down in green pastures.*
- 2. He leads me beside still waters.*
- 3. He restores my soul.*

Psalms 23:1b-3a

Principle of Decisiveness

Grace • Faith Connection

Philippians 2:12-13; Ephesians 2:8-10



**“Perfect Peace” Killers
we cannot defeat**

Try Harder ~ Quit ~ Follow

*We continue to
want (lose perfect
peace)*

Because of...

*1. Despairing
Anxiety*

*2. Despairing
Hopelessness*

*3. Despairing
Depression*

Psalm 23:2-3a



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(Perfect Peace),
When the Shepherd Leads and I Follow

1. *He makes me lie down in green pastures.*
(REST)
2. *He leads me beside still waters.*
(RENEWAL)
3. *He restores my soul.*
(RESTORATION)

Psalm 23:2-3a



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When the Shepherd Leads and I Follow

*Overcoming
Despairing
Anxiety*

*He makes me
lie down in
green
pastures.*

Psalm 23:1a



Overcoming Despairing
Anxiety
*He makes me lie down
in green pastures*

⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Matthew 6:25-34



Overcoming Despairing
Anxiety
*He makes me lie down
in green pastures*

*When the challenge
of overcoming
despairing anxiety is
too great...*

- *Should I try harder?*
- *Should I quit?*
- *Should I follow?*

John 10:27-28

Let us try harder by
following the Shepherd.

Let us continue to join /
follow God in everything
and initiate nothing.



Overcoming Despairing
Anxiety
*He makes me lie down
in green pastures*

- *The Nature of Sheep*
(fear – tension – aggravations – hunger)
- *The Care of the Shepherd*
(Only the shepherd himself can provide release from these anxieties. Green pastures do not happen by chance. Green pastures are made by the shepherd.) W. Phillip Keller



Overcoming Despairing
Anxiety

*He makes me lie down
in green pastures*

*His divine power
has granted to us
all things that
pertain to life and
godliness,
through the
knowledge of him
who called us to
his own glory and
excellence,*

2 Peter 1:3



Overcoming Despairing
Anxiety
*He makes me lie down
in green pastures*

³⁹And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

⁴⁰But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."

⁴¹But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things,

⁴²but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10:39-42



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*Overcoming
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Anxiety*

*He makes me
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green
pastures.*

Psalm 23:1a



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*Overcoming
Despairing
Hopelessness
He leads me
beside still
waters.*

Psalm 23:2b



Overcoming Despairing
Hopelessness
He leads me beside still waters

⁸For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.

⁹Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

2 Corinthians 1:8-9



Overcoming Despairing
Hopelessness
He leads me beside still waters

Water

*Principle of
Spiritual Hydration*

- John 6:35
- John 7:37-39



Overcoming Despairing
Hopelessness
He leads me beside still waters

¹³ *Jesus said to her,
“Everyone who drinks of
this water will be thirsty
again,*

¹⁴ *but whoever drinks of
the water that I will give
him will never be thirsty
again. The water that I
will give him will become
in him a spring of water
welling up to eternal life.”*

¹⁵ *The woman said to him,
“Sir, give me this water,
so that I will not be thirsty
or have to come here to
draw water.”*

John 4:13-15



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*Overcoming
Despairing
Depression*

*He restores
my soul.*

Psalm 23:3a



Overcoming Despairing
Depression
He restores my soul

*Why are you cast
down, O my soul,
and why are you
in turmoil within
me?*

*Hope in God; for
I shall again
praise him, my
salvation and my
God.*

Psalms 42:5,11; 43:5



Overcoming Despairing
Depression
He restores my soul

Cast (Cast Down)
– an old English shepherd's term for a sheep that has turned over on its back and cannot get up again by itself.

W. Phillip Keller



Overcoming Despairing
Depression
He restores my soul

¹² *What do you think? If a man has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray?*

¹³ *And if he finds it, truly, I say to you, he rejoices over it more than over the ninety-nine that never went astray.*

¹⁴ *So it is not the will of my Father who is in heaven that one of these little ones should perish.*

Matthew 18:12-14



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*I shall not want
(perfect peace)*

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When the Shepherd Leads and I Follow

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

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For my yoke is easy, and my burden is light.”

Matthew 11:28-30



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