

## Series on Psalm 23 No2

### The luggage of life: The burden of Weariness

V2: *He makes me lie down in green pastures;*

*he leads me beside quiet waters,*

We are still at the Luggage carousel! What did you pick up this morning?

I know some of you have picked up the burden of **Weariness! Tiredness!**

**Fatigue! Lethargy! Sluggishness!**

#### 1. The nature of weariness.

- People with too much work and too little sleep always pick up from the baggage claim the suitcase of **weariness**.
- Weariness wearies! Heart attacks; strokes; debts; mortgages; pension funds; custody battles; they all cause us to have sleepless nights!
- Since we can't sleep, our bodies are tired. Have you ever thought of how many tons of aspirins, sleeping pills, and tranquillisers are consumed every day? How many road deaths are attributed to sleepy drivers?
- People doze off at work and in the classroom. We work hard. Money has to be made. Ladders have to be climbed. Business is next to godliness, you would think. Thos Edison claimed he could live on catnaps of 15 minutes but Albert Einstein averaged 11 hours of sleep
- So many of us suffer from lack of sleep. We are tired. We are weary. Our minds are tired. Our bodies are tired. Our souls are tired.

#### 2. The solution to weariness.

- Yet most **animals** know how to rest! **Dogs** love to doze. **Cats** invented the catnap. But, I understand that one animal has great difficulty in getting to sleep.
- The **sheep!** Everything must be just right. No predators. No tension. No hunger. To get these conditions, the sheep needs help. They need a **shepherd** to look after them. To help them "lie down in green pastures." Without a shepherd they cannot rest.
- And neither can we! We need a shepherd. And we need a shepherd who can "make me to lie down in green pastures."

*He makes me. He leads me.*

- Who is the active one? Who is the one in charge? The **Shepherd**. He selects the trail. He picks the pasture. The sheep's job is to watch the shepherd.
- *You will keep him imperfect peace, whose mind is stayed on you. Isa 26:3*

- Someone has said: *We see the waves of the water rather than Jesus walking on them. We focus on the paltry provisions we have rather than concentrate on the one who can feed five thousand hungry people. We concentrate on the dark Friday of the crucifixion, instead of the bright Sunday of the resurrection.*

#### 3. The escape from weariness.

Change your focus and **relax!** Change your schedule and rest!

When God gave the **10 Commandments to Israel**, his message was **brief** and to the **point**. God needed only 5 English words to condemn **adultery** and 4 to denounce thievery and **murder**.

But when it came to **rest**, one sentence was not enough!

- *Remember the Sabbath Day, and keep it holy. Six days you shall labour and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor the stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them. Therefore the Lord blessed the Sabbath day and hallowed it. Exod. 20:8-11.*
- We think we can go on forever and never rest. God's message seems to be: *If creation didn't crash when I rested, it won't crash when you do!*
- For you to be healthy, you must rest. **Slow** down and God will heal you. *I will give you rest. Jesus.* He will bring rest to your **mind, body** and above all your **soul!** He will lead you to green pastures.
- Can you imagine the satisfaction for the shepherd when his sheep lie down and rest in the tender grass? There was a great deal of rough ground around Bethlehem. So, the sheep lie down in the shepherd's finished work. With his own pierced hands Jesus created a pasture for the soul. He invites us to rest there.

It is not the pasture you have made. It is not what you deserve. But it is the gift of God. *For it is by grace that you have been saved, through faith, and this is not from yourselves, it is the gift of God. Eph. 2:8.*

Your shepherd invites you to lie down. Cast off your weariness. Rest in the Lord. He makes me to lie down in green pastures.