

RELAXING IN GOD'S GOODNESS

Psalm 23 – Part 3

“The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures. He leads me beside quiet streams” (Psalm 23:1-2 NIV).

WHY DO PEOPLE OVERWORK?

1. Misplaced Identity: Basing My Worth on My Work

“Only someone too foolish to find his way home would wear himself out with work!” (Ecclesiastes 10:15 TEV).

2. Materialism: Always Wanting More Things

“Do not wear yourself out trying to get rich; have the wisdom to show some restraint! Your money can be gone in a flash as if it had grown wings and flown away like an eagle!” (Proverbs 23:4-5 NIV/TEV).

3. Envy: Wanting to Be Like Others

“I’ve learned why people work so hard so succeed; it is because they envy the things their neighbors have” (Ecclesiastes 4:4a TEV).

4. Valuing Achievement Over Relationships

“Here’s another thing I’ve seen on earth that makes no sense: Some people don’t have any kids or family or even friends, yet they work obsessively, never taking a break. There’s no end to their toil and they are never content with what they’ve done or earned. They never ask, ‘Why am I always working to do more?’ and ‘Why don’t I let myself enjoy life?’ and ‘Who cares? Who will get what I leave behind?’ What a senseless and miserable way to live! You’re better off having someone to enjoy and share the rewards of your work” (Ecclesiastes 4:7-9 (MSG/CEV).

5. Insecurity: When I’m Afraid I Won’t Have Enough

“We work to feed our appetites, but meanwhile our souls go hungry” (Ecclesiastes 6:7 MSG).

“It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won’t have enough, for God wants His loved ones to get their proper rest” (Psalm 127:2 LB).

HOW DO I RELAX IN GOD'S GOODNESS?

1. Remember My Value to God

“God decided to give us life through the word of truth so we might be the most important of all the things He made” (James 1:18 NCV).

“God says, ‘I have engraved you on the palms of My hands’” (Isaiah 49:16a GW).

2. Enjoy What I Already Have

“A little food eaten in peace is better than having twice as much earned from overwork and chasing the wind” (Ecclesiastes 4:6 CEV).

“All of us should eat and drink and enjoy what we have worked for. It is God’s gift” (Ecclesiastes 3:13 TEV).

(continued)

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3. Honor My Sabbath

“You have six days in which to do your work, but the seventh day is to be a day of complete rest dedicated to Me” (Exodus 20:9-10a TEV).

“The Sabbath was made to benefit man” (Mark 2:27 LB).

- Rest My Body
- Recharge My Emotions
- Refocus My Spirit

4. Adjust My Values

“What good is it for a man to gain the whole world, yet forfeit his soul?” (Mark 8:36 NIV).

5. Exchange My Restlessness for God’s Peace

“Are you tired? Worn out? Burned out? 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” (Matthew 11:28-30 MSG).