

The Lord is My Shepherd

Restoring My Soul – Session #8

Based on *Restoring My Soul* by Bill Flatt

Definition of “Shepherd”

- Someone who cares for wandering herds. They were expected to show caution, find new pasture and water, and balance all the flock’s activities (including rest and travel). They were to care tirelessly for the animals, including nightly protection of the flock from animals and thieves.
- In the Ancient Near East, the term “shepherd” was often used to describe a “ruler.” We see this both in Assyrian and Ancient Greek.
- Used to refer to God as the only shepherd of His people.
 - Genesis 48:15, 49:24
 - Psalm 23, 28:9, 68:8
 - Isaiah 40, 49:9
 - Jeremiah 23:2, 31:10, 50:19
 - Ezekiel 34
 - Micah 4, 7:14
- Used to refer to Jesus, the Messiah, sent from God.
 - He was prophesied in the Old Testament (Jeremiah 3:15).
 - He would gather the lost sheep of the House of Israel (Matthew 9:36).
 - He would become the ruler of Israel (Matthew 2:6).
 - He would die for this flock and rise again (Matthew 26:31).
 - As the Good Shepherd, He stands for His people (John 10:1-16).
 - Shepherds (Elders) serve under the Chief Shepherd (1 Peter 5:1-5).
 - Today, He seeks to save the lost (Luke 15), and as His Body, we also seek others to bring to Him.
 - After the resurrection, He will gather His flock around the throne and separate the sheep from the goats (Matthew 25:32).

The 23rd Psalm

- When we think about David, he would have been a shepherd in two different senses – both as a literal shepherd and as a ruler of Israel.
- As Christians, we have a better understanding of what happens after death than the Jews would have understood.
- When we think about verses 4-6, as they relate to his enemies, we need to remember how important it was for an Israelite to be able to hold his head up high without shame. An example of this emphasis on honor/shame is found in Jeremiah 2:26. Jeremiah doesn’t say that a thief is punished when he is caught or accused when he is caught; he states that the thief is “shamed” when he is caught.
- When we understand that Jesus is the Chief Shepherd, the psalm takes on a new meaning for the Christian. Although it is not necessarily flattering for us to think that we need a shepherd, this psalm reminds us of that truth.

Stress Inventory

1. List three of the greatest causes of stress in your everyday environment and what you can do about each.
 - a.
 - b.
 - c.
2. What is the difference between what you say and what you do?
3. How would you rate your physical, emotional, and spiritual health?
4. What spiritual exercises do you observe? Are there others you would like to try?
5. Are you a loner? What can you do about it?
6. Do you exercise regularly? What changes, if any, can you now make?
7. Take an inventory of what you eat or drink. What changes can you make?
8. How much sleep do you get each night? What changes can you make?
9. What are your career ambitions? Are they healthy? What changes would you make?
10. How do you spend your time each week?

	<u>Hours Now</u>	<u>Your Goal</u>
a. Work -		
b. Family -		
c. Personal Life -		
d. Rest at Night -		
e. Other -		
11. Are you insecure? What can you do about it?
12. What do you like about your work?