

Sermon Outline

Restless Series, Part 1

Psalm 23: Peace

Robin Boisvert

April 3, 2016

Main Idea: In a busy and broken world our anxious hearts ache for rest. For the Christian, we have found it in our Savior Jesus Christ. In this 5-part series, we will look at the way in which the Psalms point us to rest in God. In part 1, Robin teaches us that *“the LORD our Shepherd provides peace for me and protects me personally on my pathway all the days of my life”*.

Sermon Outline:

- I. In what ways can we trust in the LORD, our Shepherd?
 - i. Personal
 - ii. Provision
 - iii. Pathway
 - iv. Protection

Key Quotes:

“This is a psalm for all the seasons of the soul. So, what do you do when things are tough? Where do you go?” -Robin Boisvert

“My friends, can I give you some grandfatherly advice? Your sense of well-being is directly related to whether you are trusting God.” -Robin Boisvert

“Only the Lord can lead a man through death; all other guides turn back, and the traveler must go on alone.” -Derek Kidner

Fellowship Starters:

1. Read Psalm 23 and open in prayer.
2. While the LORD is *our* God and *our* Shepherd, discuss how David’s psalm helps us to think about and meditate on how the LORD is most importantly *my* God and *my* Shepherd.
3. Discuss the topic of the LORD’s provision. In his sermon Robin mentioned how David refers to both material (green pastures, etc.) and spiritual (my soul) provision. Which is of most importance? Which do we normally find ourselves praying for?
4. In this fallen world, we will experience trials, suffering and grief. Discuss the way in which God wants to and promises to lead us and direct our paths each step along the way.
5. When you think about the LORD’s protection of you, what generally comes to mind (physical safety, financial safety, protection from death)? Discuss how for David, even in the midst of walking in “the valley of the shadow of death” and “in the presence of his enemies” he found great comfort and peace in the LORD.
6. Close your time in prayer for one another, asking the Lord to help our restless hearts find rest in him.



Covenant Life Church

Sermon audio and outlines: www.covlife.org/resources