

SERMON NOTES (Audio, video, & sermon notes are online at HBChurch.net)



Series: Living in the Goodness of God – Psalm 23
Sermon: **RELAXING IN THE GOODNESS OF GOD**

Speaker: Jason Robertson
Date: 05-19-2019

Psalm 23:1 - *The Lord is my shepherd; I have what I need.* **2** *He lets me lie down in green pastures; he leads me beside quiet waters.* (CSB)

- Verse 2 is a metaphor for _____ & _____.
- To give God my best requires _____!

WHY WE OVERWORK?

1. _____: **basing my worth on my work.**
Ecclesiastes 10:15 • Luke 12:15
2. _____: **always wanting more things.**
Proverbs 23:4-5
3. _____: **wanting to be like other people.**
Ecclesiastes 4:4
4. **VALUING ACHIEVEMENT OVER** _____.
Ecclesiastes 4:7- 9
5. _____: **when I'm afraid I won't have enough or can't keep what I have.**
Ecclesiastes 6:7 • Psalm 127:2

HOW DO I RELAX IN GOD'S GOODNESS?

1. **Remember My** _____.
James 1:18 • Isaiah 49:16
2. **Learn** _____ **and** _____ **What You Have.**
Philippians 4:12-13 • Ecclesiastes 3:13; 4:6
3. **Go to** _____ **and Exchange Work for** _____.
Exodus 20:8-10 • Mark 2:27; 8:36 • Proverbs 14:30

Jesus asked, "Are you tired? Worn out? Burned out on religion? 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. Message)

LIFE GROUP QUESTIONS (Audio, video, & sermon notes are online at HBChurch.net)

The Spring Session lasts **until the week of June 16**. To have the best discussions, please fill out these questions **before** arriving at your Life Group. Remember: one of the best ways to grow spiritually is in relationship with other growing Christians.

1. SHARE YOUR PRAYER REQUESTS AND ANSWERED PRAYERS:

2. **ICEBREAKER:** describe an embarrassing time you fell asleep when you shouldn't have.

3. **REVIEWING SUNDAY:** What blessed you the most from Sunday's worship service and sermon? Here is an easy way to review and remember some of the points from Sunday's message so you can learn to relax in God's goodness:

REMEMBER MY VALUE TO GOD

ENJOY WHAT I ALREADY HAVE

LIMIT MY WORK TO SIX DAY A WEEK

ADJUST MY VALUES

EXCHANGE MY RESTLESSNESS FOR GOD'S PEACE

4. DISCUSSING THE BIBLE:

a) Memorize **Psalm 23:1-2**.

b) God says, **"I have engraved you on the palms of my hands."** *Isaiah 49:16a (GW)* We were so important to God that He sent His only son to die for us so that we could be with Him in Heaven. What actions are you taking to thank Him for this gift of unconditional love? What steps can we take to stay focused on our identity in Christ rather than idolizing what we do for a living?

c) **"A little food eaten in peace is better than having twice as much earned from overwork and chasing the wind."** *Ecclesiastes 4:6 (CEV)* Advertising drives us to believe that happiness is found in the things that you don't have. What changes can you make in your life to enjoy your material blessings that God has already given you and reduce your desire to overwork?

d) God commanded, **"Remember that the Sabbath Day belongs to me. 9 You have six days when you can do your work, 10 but the seventh day of each week belongs to me, your God."** *EX. 20:8-10a (CEV)*. Why did God command us to take a day of rest? How can taking a day of rest empower you with God's strength? Share with your group how much of a priority it is to you to worship weekly church.

5. **MISSIONS SUPPORT:** Minji Kim, one of our worship leaders, is going on a mission trip this summer to Osaka, Japan from June 14 to July 1. She needs \$3200 to pay for the trip. Please consider giving an offering to help pay for this trip:

- Checks (tax-deductible) can be made to Huntington Beach Church. Write on the memo line "Missions."
- Or go online right now and give through HBChurch.net. Click "Give" and choose the "Missions" account.